



Easy Red Beans and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce canned tomatoes canned
- 2 ribs celery
- 6 servings brown rice cooked
- 3 cloves garlic
- 0.5 bell pepper green
- 2 teaspoons hot sauce plus more to serve
- 45 ounce turtle beans red drained canned (no sugar added)

- 1 medium onion
- 1 teaspoon oregano
- 0.3 teaspoon bell pepper red to taste (cayenne) ()
- 1 teaspoon salt to taste (optional or)
- 1 teaspoon paprika smoked
- 1 teaspoon thyme leaves

Equipment

- food processor
- frying pan

Directions

- Cut the onion into quarters and pulse it in the food processor to mince; add it to the heated pan.
- Cut the pepper into quarters and chop it finely in the processor; add it to the pan.
- Cut the celery into 2-inch long pieces and chop it and the garlic in the processor; add it to the pan. Stir the vegetables well and add 2 tablespoons of water. Cook until soft, about 6–10 minutes. While the vegetables are cooking, rinse the beans well. Put half of them (1 1/2 cans) into the food processor with half of the can of tomatoes. Process until all the beans are coarsely chopped, just short of pureed. When the vegetables are soft, stir in the blended beans, remaining whole beans, remaining tomatoes, and all seasonings except smoked salt. Cover tightly, reduce heat to very low, and cook for at least 30 minutes. Stir every 5 or 10 minutes and add water as needed to keep beans moist but not soupy. Like regular red beans, these taste better the longer they cook, so consider 30 minutes the bare minimum and cook them longer if you can, adding water as necessary. Just before serving, sprinkle with smoked salt or a little Liquid Smoke. Stir well, and serve atop rice with more hot sauce on the table.

Nutrition Facts

 PROTEIN 14.07%  FAT 5.52%  CARBS 80.41%

Properties

Glycemic Index:50.7, Glycemic Load:14.56, Inflammation Score:-9, Nutrition Score:16.881304582824%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 218.24kcal (10.91%), Fat: 1.37g (2.11%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 38.41g (13.97%), Sugar: 2.92g (3.25%), Cholesterol: 0mg (0%), Sodium: 558.03mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin C: 57.94mg (70.23%), Manganese: 1.19mg (59.75%), Folate: 227.15µg (56.79%), Magnesium: 107.39mg (26.85%), Fiber: 6.57g (26.28%), Iron: 3.64mg (20.23%), Potassium: 624.68mg (17.85%), Phosphorus: 171.02mg (17.1%), Calcium: 148.48mg (14.85%), Copper: 0.26mg (13%), Vitamin B6: 0.23mg (11.65%), Vitamin A: 575.74IU (11.51%), Zinc: 1.57mg (10.45%), Vitamin B1: 0.12mg (8.13%), Vitamin B3: 1.48mg (7.41%), Vitamin K: 7.39µg (7.04%), Vitamin B5: 0.47mg (4.74%), Vitamin B2: 0.04mg (2.22%), Vitamin E: 0.24mg (1.61%)