



John's Creole Red Beans

 **Gluten Free**  **Dairy Free**

READY IN



200 min.

SERVINGS



8

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 14.5 ounce canned tomatoes crushed canned
- 3 rib celery chopped
- 32 ounce chicken broth
- 8 servings rice hot cooked
- 3 garlic cloves minced
- 1 medium size bell pepper green chopped
- 8 servings garnish: green onions chopped

- 1 large onion chopped
- 0.5 teaspoon pepper
- 16 ounce kidney beans dried red
- 0.5 teaspoon salt
- 1 pound spicy sausage smoked
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 3.5 cups water

Equipment

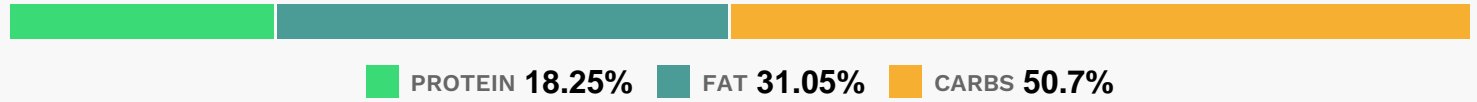
- paper towels
- slotted spoon
- dutch oven

Directions

- Rinse and sort beans according to package directions.
- Place beans in a Dutch oven; cover with water 2 inches above beans, and let soak 8 hours.
- Drain beans, and rinse thoroughly; drain and set aside.
- Cut smoked sausage into 1/4-inch-thick slices.
- Saut sausage in hot oil in Dutch oven over medium heat 5 to 7 minutes or until sausage is golden brown.
- Remove sausage with a slotted spoon, and drain on paper towels, reserving drippings in Dutch oven. (Store sausage in refrigerator until you're ready to stir into bean mixture.)
- Add celery and next 3 ingredients to hot drippings, and saut 5 minutes or until vegetables are tender.
- Add tomatoes, and simmer, stirring occasionally, 7 minutes.
- Stir in beans, broth, and next 5 ingredients; increase heat to medium-high, and bring to a boil. Boil 10 minutes; reduce heat, and simmer, uncovered, stirring occasionally, 1 1/2 to 2 hours or until beans are tender. Stir in sausage, and simmer 30 more minutes.
- Serve over hot cooked rice.

- Garnish, if desired.
- Note: For quick soaking, place kidney beans in a Dutch oven; cover with water 2 inches above beans, and bring to a boil. Boil 1 minute; cover, remove from heat, and let stand 1 hour.
- Drain as directed, and proceed with recipe. For testing purposes only, we used Conecuh Original Smoked Sausage, which is spicy.

Nutrition Facts



Properties

Glycemic Index:52.14, Glycemic Load:35.63, Inflammation Score:-8, Nutrition Score:25.307826042175%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 519.16kcal (25.96%), Fat: 18.03g (27.74%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 66.23g (22.08%), Net Carbohydrates: 55.53g (20.19%), Sugar: 5.79g (6.43%), Cholesterol: 42.52mg (14.17%), Sodium: 1130.14mg (49.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.84g (47.69%), Manganese: 1.26mg (62.97%), Folate: 243.84µg (60.96%), Fiber: 10.71g (42.82%), Vitamin B1: 0.59mg (39.54%), Phosphorus: 358.48mg (35.85%), Potassium: 1153.6mg (32.96%), Copper: 0.64mg (32%), Iron: 5.49mg (30.49%), Magnesium: 112.11mg (28.03%), Vitamin B6: 0.55mg (27.33%), Vitamin C: 22.13mg (26.82%), Zinc: 3.48mg (23.23%), Selenium: 16.23µg (23.19%), Vitamin K: 22.95µg (21.86%), Vitamin B3: 4.35mg (21.77%), Vitamin B2: 0.34mg (19.89%), Vitamin B12: 0.88µg (14.65%), Vitamin B5: 1.2mg (12.05%), Calcium: 97.2mg (9.72%), Vitamin E: 1.07mg (7.15%), Vitamin A: 231.99IU (4.64%), Vitamin D: 0.62µg (4.16%)