



## Monday-Night Red Beans and Rice

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bay leaf
- 6 servings pepper black freshly ground to taste
- 31 ounce kidney beans red drained and rinsed canned
- 3 cups rice white cooked
- 0.5 teaspoon thyme leaves dried
- 1 clove garlic finely chopped
- 1 medium bell pepper green finely chopped
- 0.5 teaspoon ground cumin

- 0.5 cup chicken broth low-sodium
- 1 tablespoon olive oil
- 1 medium onion finely chopped
- 6 servings scallions chopped for serving
- 0.5 pound turkey andouille smoked coarsely chopped

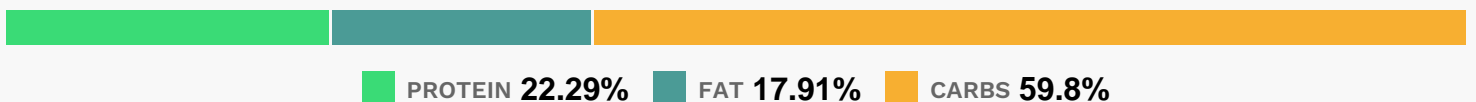
## Equipment

- pot

## Directions

- In a medium pot, heat the oil over medium-high heat.
- Add the sausage, onion and bell pepper and cook, stirring frequently, until the vegetables are softened, 3 to 5 minutes.
- Add the garlic and cook for 30 seconds.
- Add the beans, chicken broth, cumin, thyme, bay leaf, and pepper to taste and bring to a boil. Cover, reduce the heat to medium low and simmer for 10 minutes.
- Serve the beans over the rice and top with the scallions.
- Photograph by Kat Teutsch

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:31.76, Inflammation Score:-6, Nutrition Score:15.747825964637%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

## Nutrients (% of daily need)

Calories: 318.83kcal (15.94%), Fat: 6.37g (9.8%), Saturated Fat: 1.3g (8.09%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 38.86g (14.13%), Sugar: 4.18g (4.64%), Cholesterol: 28.35mg (9.45%), Sodium: 608.58mg (26.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Manganese: 0.9mg (44.95%), Fiber: 8.97g (35.89%), Phosphorus: 275.48mg (27.55%), Vitamin C: 20.69mg (25.08%), Vitamin K: 22.98µg (21.89%), Vitamin B6: 0.43mg (21.68%), Potassium: 609.57mg (17.42%), Zinc: 2.57mg (17.15%), Copper: 0.34mg (17.13%), Magnesium: 66.93mg (16.73%), Iron: 2.92mg (16.22%), Vitamin B3: 3.21mg (16.06%), Vitamin B1: 0.23mg (15.05%), Folate: 51.96µg (12.99%), Vitamin B2: 0.22mg (12.93%), Selenium: 7.75µg (11.08%), Vitamin B5: 0.94mg (9.35%), Vitamin B12: 0.51µg (8.52%), Calcium: 73.5mg (7.35%), Vitamin E: 0.57mg (3.8%), Vitamin A: 168.83IU (3.38%)