



 **37%**  
HEALTH SCORE

## New Orleans Red Beans and Rice with Andouille Sausage

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**1106 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 pounds andouille sausage smoked sliced
- 2 bay leaves
- 1 bell pepper chopped
- 1 bell pepper chopped
- 1 tablespoon canola oil
- 5 stalks celery diced
- 6 servings creole seasoning to taste

- 1 clove garlic chopped
- 1 large onion chopped
- 1 pound kidney beans dried red
- 6 servings salt and pepper to taste
- 1 large pork hock smoked
- 6 servings all the tabasco sauce you handle to taste
- 1 teaspoon thyme leaves dried
- 6 servings rice long grain white
- 6 servings rice long grain white
- 3 dashes worcestershire sauce to taste

## Equipment

- frying pan
- pot
- dutch oven

## Directions

- Soak the beans overnight in cool water. The next day, drain and add fresh water to cover beans in Dutch oven. Bring to a boil, then reduce to medium-high heat and simmer for 45-60 minutes or until tender, but not falling apart.
- Drain. Meanwhile, add oil to a skillet and saute onions, celery and bell pepper until translucent, about 8-10 minutes.
- Add garlic and saute for 2 more minutes, stirring occasionally.
- Add sauteed vegetables to beans, ham hock, sausage, seasonings, and just enough water to cover. Bring to a boil, then reduce heat to a low simmer. Cook for 2 hours at least, preferably 3, until the gravy gets creamy. Adjust seasonings as you go along. Stir occasionally, making sure that it doesn't burn and/or stick to the bottom of the pot. If the gravy does not get to the right consistency, you can scoop some of the beans out and mash them, then return them to the pot and stir. Note: it's not considered cheating:)
- Serve over long-grain rice.

## Nutrition Facts

PROTEIN 19.44% FAT 33.95% CARBS 46.61%

## Properties

Glycemic Index:64.9, Glycemic Load:58.58, Inflammation Score:-9, Nutrition Score:43.364782608696%

## Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

## Nutrients (% of daily need)

Calories: 1105.59kcal (55.28%), Fat: 41.66g (64.09%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 128.72g (42.91%), Net Carbohydrates: 113.63g (41.32%), Sugar: 6.37g (7.08%), Cholesterol: 128.41mg (42.8%), Sodium: 1240.47mg (53.93%), Protein: 53.67g (107.33%), Manganese: 2.01mg (100.75%), Folate: 343.74µg (85.94%), Vitamin C: 59.43mg (72.04%), Phosphorus: 614.58mg (61.46%), Fiber: 15.09g (60.35%), Selenium: 40.33µg (57.62%), Vitamin B1: 0.86mg (57.49%), Potassium: 1880.53mg (53.73%), Vitamin B3: 10.72mg (53.6%), Vitamin A: 2289.32IU (45.79%), Iron: 8.17mg (45.38%), Vitamin B6: 0.9mg (44.97%), Copper: 0.85mg (42.58%), Zinc: 6.14mg (40.93%), Magnesium: 160.21mg (40.05%), Vitamin B2: 0.49mg (28.71%), Vitamin B5: 2.59mg (25.86%), Vitamin E: 3.01mg (20.05%), Vitamin B12: 1.11µg (18.52%), Vitamin K: 19.42µg (18.5%), Calcium: 132.4mg (13.24%), Vitamin D: 1.59µg (10.58%)