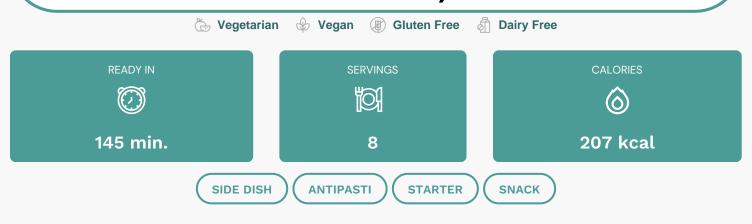


Real Louisiana Red Beans and Rice (Sans Animaux)



Ingredients

3 bay leaves
1.5 cups bell pepper chopped
0.5 teaspoon pepper black freshly ground
4 ribs celery
1 teaspoons chipotle sauce traditional chopped (this is not but lends a smoky taste; substitute
another tsp. of Liquid Smoke seasoning if you prefer)
8 servings rice cooked
4 cloves garlic

	1 pound kidney beans dry red (if you're in Louisiana, only Camellia brand will do)	
	1 teaspoon liquid smoke	
	2 cups onion chopped	
	1 teaspoon oregano	
	0.3 teaspoon bell pepper red	
	8 servings salt to taste	
	0.5 tablespoon all the tabasco sauce you handle	
	2 teaspoons thyme leaves	
Equipment		
	food processor	
	pot	
	stove	
Directions		
	Drain beans and rinse.	
	Put the beans back in the pot and cover them with water 2 inches above level of beans. Put over high heat to begin cooking while you prepare the other ingredients. You're going to want to chop the garlic, onion, celery, and bell pepper very finely, and the fastest and best way to do this is in a food processor. I throw the 4 peeled cloves of garlic in first, and then add the onion, quartered, and pulse until finely chopped.	
	Add this to the pot on the stove, and then do the same thing with the celery and bell peppers adding each to the beans.	
	Add the remaining ingredients, except the salt and the rice. When the beans reach a boil, reduce the heat to a simmer. Cook, stirring every now and then, until they are completely tender and falling apart. This can take anywhere from 2 to 3 hours, depending upon the age of your beans. (
	Add more water as necessary to keep them hydrated.) When they are completely tender, add the salt to taste, and check the seasonings.	
	Add any additional spices you want, and cook for at least 10 more minutes, until sauce is thick and beans are disintegrating.	



Nutrition Facts

PROTEIN 15.53% FAT 3.12% CARBS 81.35%

Properties

Glycemic Index:46.91, Glycemic Load:28.09, Inflammation Score:-9, Nutrition Score:13.494347966236%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 2mg, Isorhamnetin: 0.22mg, Myricetin: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 206.76kcal (10.34%), Fat: 0.73g (1.12%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 36.02g (13.1%), Sugar: 3.66g (4.06%), Cholesterol: Omg (0%), Sodium: 238.23mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Vitamin C: 42.12mg (51.05%), Manganese: 0.81mg (40.65%), Folate: 104.8µg (26.2%), Fiber: 6.53g (26.12%), Vitamin A: 1002.61lU (20.05%), Vitamin B6: 0.31mg (15.56%), Phosphorus: 141.71mg (14.17%), Vitamin K: 13.96µg (13.3%), Iron: 2.31mg (12.82%), Potassium: 441.1mg (12.6%), Magnesium: 46.72mg (11.68%), Copper: 0.23mg (11.51%), Selenium: 7.15µg (10.21%), Vitamin B1: 0.15mg (9.89%), Zinc: 1.2mg (7.97%), Vitamin B5: 0.64mg (6.36%), Vitamin B2: 0.1mg (5.62%), Vitamin B3: 1.06mg (5.32%), Calcium: 52.73mg (5.27%), Vitamin E: 0.6mg (4.02%)