



Real Louisiana Red Beans and Rice (Sans Animaux)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

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.

Remove the bay leaves, and serve over rice.

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 Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 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: 0mg (0%), Sodium: 238.23mg (10.36%), Alcohol: 0g (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: 1002.61IU (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%)