



WHATSheATE



Red Beans and Rice



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



569 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 24 ounce beans red drained and rinsed canned
- ☐ 2 ribs celery chopped
- ☐ 3 cups chicken stock see
- ☐ 4 cups chicken stock see
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped

- ☐ 1 medium onion chopped
- ☐ 2 cups rice long-grain
- ☐ 1 tablespoon neelys rub dry
- ☐ 1 pinch salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 pound sausage smoked cut into 1/4-inch slices
- ☐ 1 tablespoon vegetable oil

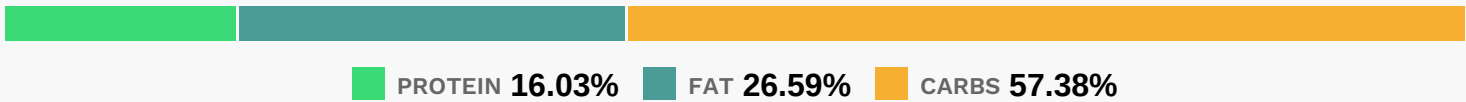
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large skillet heat the vegetable oil over medium-high heat.
- ☐ Saute the onion, celery, green bell pepper, and garlic until tender.
- ☐ Add the smoked sausage, Neelys Dry Rub, thyme, salt and pepper.
- ☐ Saute for about 5 minutes then add the red beans, chicken stock and bay leaves.
- ☐ Let simmer uncovered on low for 1 1/2 hours. Stirring occasionally and adding water, if necessary.
- ☐ While the beans are cooking add all the ingredients for the rice to a small saucepan over medium heat. Cover and let cook for 15 minutes. Once the rice is cooked, let stand for 5 minutes.
- ☐ Serve with the red beans.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:35.9, Inflammation Score:-6, Nutrition Score:20.526956475299%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 569.07kcal (28.45%), Fat: 16.63g (25.58%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 80.74g (26.91%), Net Carbohydrates: 72.88g (26.5%), Sugar: 8.06g (8.96%), Cholesterol: 35.24mg (11.75%), Sodium: 1033.24mg (44.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.11%), Manganese: 1.17mg (58.38%), Vitamin B3: 7.39mg (36.93%), Phosphorus: 322.85mg (32.28%), Selenium: 22.02µg (31.46%), Fiber: 7.87g (31.46%), Vitamin B6: 0.53mg (26.31%), Vitamin B1: 0.39mg (25.79%), Copper: 0.51mg (25.63%), Vitamin B2: 0.43mg (25.29%), Potassium: 838.77mg (23.96%), Vitamin C: 19.67mg (23.85%), Vitamin K: 23.29µg (22.19%), Iron: 3.49mg (19.4%), Magnesium: 72.78mg (18.19%), Zinc: 2.68mg (17.9%), Folate: 61.68µg (15.42%), Vitamin B5: 1.02mg (10.21%), Vitamin B12: 0.57µg (9.51%), Calcium: 85.06mg (8.51%), Vitamin A: 168.6IU (3.37%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.42µg (2.77%)