



Red Beans and Rice



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb beans red dry
- ☐ 1.5 lbs meaty ham shanks
- ☐ 4 cups water
- ☐ 4 cloves garlic minced
- ☐ 2 cups onion chopped
- ☐ 1.5 cups celery chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 Tbsp worcestershire sauce

- ☐ 2 teaspoons creole seasoning or to taste (Tony Chachere's or Zatarains)
- ☐ 8 servings all the tabasco sauce you handle
- ☐ 8 servings salt and pepper to taste
- ☐ 3 cups rice raw white cooked

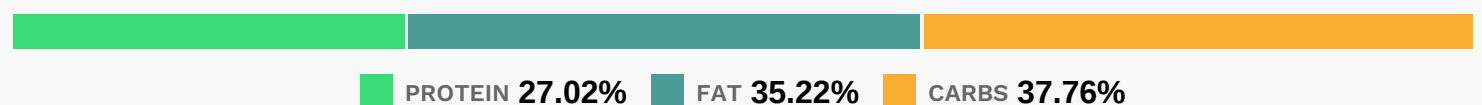
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place dried beans in a large bowl and cover them with cold water by a couple of inches.
- ☐ Let soak for 8 hours or overnight. (You can quick soak them by putting them in a bowl and pouring boiling water over them, covering them by 2 inches, then letting them soak for two hours.)
- ☐ Drain.
- ☐ Cook beans with ham, garlic, onion, water:
- ☐ Place beans, ham shanks, garlic, chopped onion, and water in a large (8-quart) pot and bring to a boil. Reduce to a simmer and cover, simmer for 1 1/2 hours or until beans are tender.
- ☐ Remove ham shanks, separate meat from bones:
- ☐ Remove ham shanks from the pot to a dish.
- ☐ Let cool slightly then shred the meat away from the bones. Return the meat back to the pot.
- ☐ Add the celery, bell peppers, Worcestershire and seasonings. Cover and cook for another hour or until the mixture gets thick.
- ☐ Season to taste with Tabasco sauce, salt and pepper.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:33.91, Glycemic Load:21.82, Inflammation Score:-7, Nutrition Score:18.311304393022%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg 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: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg

Nutrients (% of daily need)

Calories: 383.55kcal (19.18%), Fat: 14.91g (22.94%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 30.07g (10.93%), Sugar: 2.89g (3.21%), Cholesterol: 52.73mg (17.58%), Sodium: 1258.94mg (54.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.48%), Vitamin B1: 0.65mg (43.52%), Selenium: 24.97µg (35.68%), Manganese: 0.69mg (34.57%), Phosphorus: 312.91mg (31.29%), Vitamin B6: 0.58mg (29.05%), Vitamin C: 20.4mg (24.73%), Folate: 95.07µg (23.77%), Fiber: 5.9g (23.6%), Vitamin B3: 4.62mg (23.12%), Zinc: 3.03mg (20.22%), Potassium: 665.97mg (19.03%), Iron: 2.89mg (16.05%), Copper: 0.31mg (15.65%), Vitamin B2: 0.26mg (15.56%), Magnesium: 59.33mg (14.83%), Vitamin K: 12.3µg (11.71%), Vitamin B12: 0.54µg (9.07%), Vitamin B5: 0.87mg (8.68%), Vitamin A: 364.77IU (7.3%), Calcium: 55.8mg (5.58%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.6µg (3.97%)