



Red Beans and Rice With Sausage

 Gluten Free  Dairy Free

READY IN



53 min.

SERVINGS



6

CALORIES



851 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons cajun spice divided
- ☐ 30 ounce kidney beans rinsed drained canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 rib celery diced
- ☐ 28 ounce chicken broth canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 1 large onion diced
- ☐ 2 cups rice long-grain uncooked
- ☐ 1 pound spicy sausage smoked

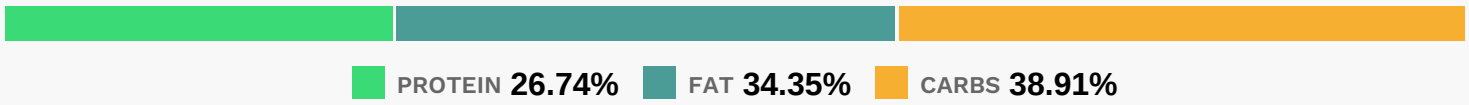
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut smoked sausage into 1/4-inch-thick slices. Cook in a large Dutch oven over medium-high heat 8 to 10 minutes or until slices are browned.
- ☐ Remove sausage, and drain on paper towels, reserving 1 teaspoon drippings in pan.
- ☐ Saut onion and celery in hot drippings in Dutch oven over medium-high heat 4 to 5 minutes; stir in garlic, 1/2 teaspoon Cajun seasoning, and rice; saut 3 minutes. Stir in broth, next 3 ingredients, and remaining 1 1/2 teaspoons Cajun seasoning. Bring to a boil; cover, reduce heat, and simmer 15 to 20 minutes.
- ☐ Remove from heat; stir in sausage and parsley; let stand, covered, 10 more minutes or until rice is tender.
- ☐ Serve with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:47.86, Glycemic Load:38.88, Inflammation Score:-8, Nutrition Score:33.51565209679%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.12mg, Quercetin: 5.12mg,

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Nutrients (% of daily need)

Calories: 850.95kcal (42.55%), Fat: 32.07g (49.34%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 81.72g (27.24%), Net Carbohydrates: 71.19g (25.89%), Sugar: 7.01g (7.78%), Cholesterol: 119.82mg (39.94%), Sodium: 1743.05mg (75.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.17g (112.34%), Vitamin K: 95.43µg (90.89%), Manganese: 1.32mg (66%), Selenium: 45.93µg (65.61%), Phosphorus: 541.81mg (54.18%), Zinc: 6.79mg (45.26%), Fiber: 10.53g (42.12%), Vitamin B3: 8.34mg (41.71%), Vitamin B12: 2.46µg (41.08%), Vitamin B6: 0.77mg (38.45%), Iron: 6.21mg (34.48%), Vitamin B1: 0.46mg (30.95%), Potassium: 1078.88mg (30.83%), Copper: 0.61mg (30.6%), Magnesium: 112.96mg (28.24%), Vitamin B2: 0.44mg (26.16%), Vitamin A: 1140.3IU (22.81%), Vitamin C: 16.65mg (20.19%), Folate: 69.57µg (17.39%), Vitamin B5: 1.42mg (14.16%), Calcium: 123.59mg (12.36%), Vitamin E: 1.64mg (10.96%), Vitamin D: 0.96µg (6.43%)