



 **96%**
HEALTH SCORE

Red Kidney Bean Jambalaya

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown rice dried cooked
- 2 medium carrots sliced
- 2 stalks celery sliced
- 1 teaspoon celery seed
- 2 cups kidney beans dried cooked
- 1 teaspoon marjoram dried
- 2 teaspoons thyme dried
- 1 medium eggplant chopped

- 2 cloves garlic minced crushed
- 3 handfuls green beans chopped
- 6 servings pepper fresh black
- 2 teaspoons ground sage
- 0.5 teaspoon liquid smoke to taste
- 2 tablespoons olive oil
- 1 bell pepper red seeded chopped
- 1 small onion diced white red
- 1.5 teaspoons sea salt to taste
- 1 teaspoon hot sauce
- 2 medium tomatoes diced
- 3 cups vegetable stock

Equipment

- bowl
- sauce pan

Directions

- Rinse the kidney beans and brown rice separately. Cover the kidney beans with water and soak for 8 hours or overnight. In a separate bowl, cover the brown rice with water and soak for 8 hours or overnight.
- Drain and rinse the kidney beans, then transfer to a medium saucepan and cover with fresh water. Bring to a boil, reduce heat to medium-low, cover, and simmer for 1 hour or until just tender but not falling apart.
- Drain and set aside.
- Heat the oil in a large saucepan over medium heat. When hot, add the onion and saut for 5 minutes. Now add the garlic, carrots, celery and green beans, and stir for another 5 minutes. Next add the tomatoes, red pepper, eggplant, sage, thyme, marjoram and celery seed, and continue to stir for another few minutes.
- Pour in the vegetable stock, liquid smoke, rice and the cooked kidney beans. Bring to a boil, reduce heat to medium low, cover, and cook, stirring occasionally, for 45 minutes or until the

rice is tender.

- Add water as necessary if the stew becomes too dry. Season with sriracha, salt and pepper, and taste for seasoning add more liquid smoke, sriracha, salt, pepper or herbs as desired.

Nutrition Facts

PROTEIN 17.77% **FAT 14.23%** **CARBS 68%**

Properties

Glycemic Index:74.67, Glycemic Load:21.86, Inflammation Score:-10, Nutrition Score:33.948695652174%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Taste

Sweetness: 49.11%, Saltiness: 100%, Sourness: 29.24%, Bitterness: 34.13%, Savoriness: 40.23%, Fattiness: 52.67%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 392.8kcal (19.64%), Fat: 6.45g (9.93%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 53.11g (19.31%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 1111.47mg (48.32%), Protein: 18.13g (36.26%), Vitamin A: 5050.2IU (101%), Manganese: 1.89mg (94.55%), Folate: 304.87µg (76.22%), Fiber: 16.25g (65.01%), Vitamin C: 45.07mg (54.63%), Vitamin K: 47.85µg (45.57%), Potassium: 1435.41mg (41.01%), Magnesium: 151.26mg (37.81%), Vitamin B1: 0.56mg (37.53%), Phosphorus: 369.42mg (36.94%), Iron: 6.09mg (33.85%), Vitamin B6: 0.64mg (31.85%), Copper: 0.64mg (31.82%), Vitamin B3: 3.75mg (18.77%), Zinc: 2.62mg (17.48%), Vitamin B2: 0.27mg (15.96%), Vitamin E: 1.98mg (13.17%), Vitamin B5: 1.27mg (12.7%), Calcium: 118.78mg (11.88%), Selenium: 2.85µg (4.07%)