



Restaurant Style Red Beans and Rice

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 30 ounce beans red with liquid canned
- 0.5 teaspoon garlic salt
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon onion powder
- 2 cups rice long-grain uncooked
- 0.5 teaspoon salt to taste
- 0.5 pound ham hock smoked

- 5.3 cups water divided
- 5 tablespoons lard
- 5 tablespoons lard

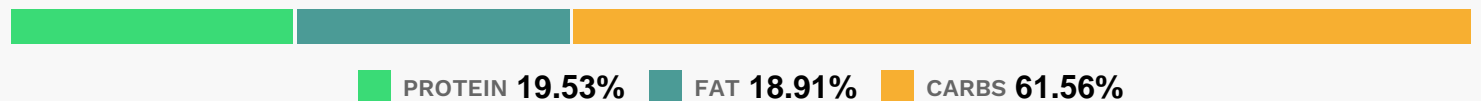
Equipment

- food processor
- sauce pan

Directions

- In a 2 quart saucepan combine 1 drained can of bean, 1 undrained can of beans, ham hock and remaining 1 1/4 cup water. Simmer on medium heat for 1 hour, until the meat starts to come away from the bone.
- Remove from heat and cool until meat can be handled to be removed from bone.
- In a saucepan bring 4 cups water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- In a food processor combine meat, beans and the liquid in which they cooked. To the mixture add onion powder, garlic salt, red pepper, salt, black pepper and lard. Process for 4 seconds. Beans should be chopped and the liquid thick.
- To the food processor add the third can of drained beans. Process for 1 or 2 seconds, so that most of the beans remain almost whole.
- Pour mixture back into saucepan and cook slowly on low, stirring often, until heated through.
- Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:27.54, Inflammation Score:-2, Nutrition Score:9.0739129626233%

Nutrients (% of daily need)

Calories: 348.69kcal (17.43%), Fat: 7.22g (11.11%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 46.63g (16.96%), Sugar: 2.04g (2.26%), Cholesterol: 30.9mg (10.3%), Sodium: 643.91mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.57%), Manganese: 0.82mg (41.21%), Fiber: 6.29g (25.15%), Phosphorus: 166.56mg (16.66%), Copper: 0.28mg (14.24%), Potassium: 437.02mg (12.49%), Iron: 2.18mg (12.09%), Selenium: 8.18µg (11.69%), Magnesium: 45.36mg (11.34%), Vitamin B1: 0.15mg (9.73%), Vitamin B6: 0.16mg (8.18%), Zinc: 1.19mg (7.91%), Folate: 31.5µg (7.87%), Vitamin B3: 1.27mg (6.36%), Vitamin B5: 0.61mg (6.09%), Vitamin B2: 0.09mg (5.57%), Calcium: 55.14mg (5.51%), Vitamin K: 4.56µg (4.35%), Vitamin C: 0.93mg (1.12%)