



Sausage-Flavored Breakfast Beans and Grits

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pinch baking soda (see notes)
- 3 cups .5 can cannellini beans white rinsed cooked drained (or other beans) (or 2 cans, and)
- 1 cup grits yellow prepared
- 0.5 teaspoon basil dried
- 0.5 teaspoon fennel seeds crushed (see note)
- 4 cloves garlic minced
- 1 large onion chopped
- 1 teaspoon oregano dried

- 0.5 large bell pepper red chopped
- 0.3 teaspoon pepper red
- 1 teaspoon rubbed sage
- 0.5 teaspoon salt to taste
- 4 servings salt smoked to taste
- 1 teaspoon paprika smoked
- 4 cups pkt spinach fresh chopped
- 1 cup vegetable stock as needed (I used Imagine's No-Chicken)

Equipment

- frying pan
- pot

Directions

- Heat a large non-stick pot or skillet.
- Add the onion, sprinkle it with the baking soda, and immediately stir in one tablespoon of water or vegetable broth. Cook, stirring frequently, until the onion changes color and begins to soften, adding more water if it starts to stick to the pan.
- Add the chopped pepper and garlic along with another tablespoon of water or broth. Cook for 2-3 minutes, adding another splash of water if necessary and making sure that the garlic does not burn.
- Add the drained beans, vegetable broth, and all seasonings. Cover tightly, reduce heat to very low, and cook for at least 30 minutes, adding broth if it starts to dry out. The longer and slower you cook them, the more flavorful the beans will be. While the beans are cooking, prepare the grits according to package instructions. (I used 1 cup of Bob's Red Mill organic grits cooked in 3 cups of water.) Keep warm until beans are ready. Check the beans, and if they seem dry, add a good splash of broth. (The beans should have a little liquid around them, but not as much as a soup or stew.) Increase the heat to medium, add the spinach, sprinkle with smoked salt if you want, stir well, cover tightly, and cook until the spinach wilts.
- Serve over the grits.

Nutrition Facts



■ PROTEIN 17.14% ■ FAT 2.56% ■ CARBS 80.3%

Properties

Glycemic Index:46.5, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:19.255652116693%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 280.31kcal (14.02%), Fat: 0.85g (1.3%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 50.51g (18.37%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 1106.27mg (48.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin K: 152.44µg (145.18%), Vitamin A: 3959.15IU (79.18%), Vitamin C: 38.46mg (46.62%), Fiber: 9.43g (37.73%), Iron: 4.8mg (26.68%), Manganese: 0.5mg (24.88%), Folate: 78.72µg (19.68%), Calcium: 142.57mg (14.26%), Vitamin B6: 0.28mg (13.99%), Magnesium: 45.59mg (11.4%), Selenium: 7.65µg (10.93%), Potassium: 358.89mg (10.25%), Vitamin E: 1.24mg (8.28%), Vitamin B1: 0.11mg (7.51%), Phosphorus: 68.23mg (6.82%), Vitamin B2: 0.12mg (6.8%), Copper: 0.11mg (5.46%), Vitamin B3: 1.06mg (5.31%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.53mg (3.53%)