



Slow-Cooker Red Beans and Rice



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup bell pepper coarsely chopped
- ☐ 2 teaspoons cajun spice
- ☐ 15 ounces beans red rinsed drained canned
- ☐ 15 ounces tomato sauce canned
- ☐ 1 bay leaves dried
- ☐ 3 cups rice instant uncooked
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon hot sauce red

- ☐ 1.3 pounds pork hock smoked
- ☐ 1 pound andouille smoked fully cooked
- ☐ 3 cups water

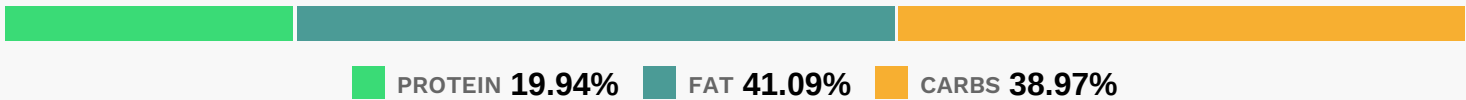
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place pork hocks in 3- to 4-quart slow cooker. Top with onion, beans, bay leaf, tomato sauce, pepper sauce and bellpepper in order listed.
- ☐ Cover and cook on low heat setting 8 to 9 hours.
- ☐ About 30 minutes before serving, heat water to boiling in 2-quart saucepan over high heat.
- ☐ Remove from heat and stir in rice. Cover and let stand about 5 minutes or until water is absorbed. Fluff rice with fork before serving.
- ☐ Meanwhile, remove pork from cooker; place on cutting board. Pull meat from bones, using 2 forks; discard bones and skin. Return pork to cooker. Stir in Cajun seasoning and sausage. Increase heat setting to high. Cover and cook 15 minutes or until sausage is heated through.
- ☐ For each serving, place 1/2 cup rice in soup bowl and top with 3/4 cup red bean mixture.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:37.22, Inflammation Score:-7, Nutrition Score:16.746086846227%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 719.42kcal (35.97%), Fat: 32.29g (49.67%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 63.83g (23.21%), Sugar: 3.83g (4.26%), Cholesterol: 117.51mg (39.17%), Sodium: 1097.98mg (47.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.5%), Manganese: 1.02mg (50.96%), Vitamin C: 23.62mg (28.63%), Selenium: 18.88µg (26.97%), Potassium: 793.7mg (22.68%), Phosphorus: 217.99mg (21.8%), Fiber: 5.08g (20.31%), Iron: 3.63mg (20.19%), Vitamin B3: 3.93mg (19.63%), Vitamin B1: 0.28mg (18.48%), Vitamin A: 917.3IU (18.35%), Vitamin B6: 0.36mg (18.25%), Copper: 0.35mg (17.43%), Zinc: 2.48mg (16.5%), Vitamin B12: 0.86µg (14.27%), Magnesium: 52.12mg (13.03%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.25mg (12.51%), Folate: 34.16µg (8.54%), Vitamin E: 1.22mg (8.14%), Calcium: 66.59mg (6.66%), Vitamin K: 4.88µg (4.65%), Vitamin D: 0.62µg (4.16%)