



Slow Cooker Red Beans and Rice



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



10

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 rib celery chopped
- ☐ 10 servings rice long-grain hot cooked
- ☐ 1 tablespoon creole seasoning
- ☐ 3 garlic cloves minced
- ☐ 1 bell pepper green chopped
- ☐ 10 servings garnish: green onions finely chopped
- ☐ 1 pound beans dried red
- ☐ 1 bell pepper red chopped

- ☐ 1 onion sweet chopped
- ☐ 0.8 pound turkey sausage smoked thinly sliced

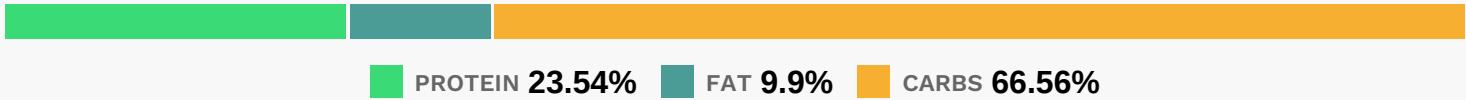
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine first 8 ingredients and 7 cups water in a 4-qt. slow cooker. Cover and cook on HIGH 7 hours or until beans are tender.
- ☐ Serve red bean mixture with hot cooked rice, and, if desired, hot sauce.
- ☐ Garnish, if desired.
- ☐ Try These Twists!
- ☐ Vegetarian Red Beans and Rice: Substitute frozen meatless smoked sausage, thawed and thinly sliced, for turkey sausage.
- ☐ Per cup (with 1 cup rice): Calories 422; Fat 5g (sat 4g, mono 2g, poly 2g); Protein 5g; Carb 4g; Fiber 2g; Chol 0mg; Iron 1mg; Sodium 530mg; Calc 113mg
- ☐ Quick Skillet Red Beans and Rice: Substitute 2 (16-oz.) cans light kidney beans, drained and rinsed, for dried beans. Reduce Creole Seasoning to 2 tsp. Cook sausage and next 4 ingredients in a large nonstick skillet over medium heat, stirring often, 5 minutes or until sausage browns.
- ☐ Add garlic; saute 1 minute. Stir in 2 tsp. seasoning, beans, and 2 cups chicken broth. Bring to a boil; reduce heat to low, and simmer 20 minutes.
- ☐ Serve with hot cooked rice and, if desired, hot sauce.
- ☐ Garnish, if desired. Makes 8 cups. Hands-on Time: 26 min., Total Time: 46 min.
- ☐ Per cup (with 1 cup rice): Calories 424; Fat 2g (sat 1g, mono 2g, poly 4g); Protein 2g; Carb 5g; Fiber 6g; Chol 25mg; Iron 3mg; Sodium 804mg; Calc 76mg

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:32.06, Inflammation Score:-8, Nutrition Score:19.870869553607%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 329.25kcal (16.46%), Fat: 3.64g (5.59%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 46.74g (17%), Sugar: 3.64g (4.05%), Cholesterol: 25.51mg (8.5%), Sodium: 212.95mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.9%), Folate: 201.57µg (50.39%), Manganese: 0.97mg (48.6%), Vitamin C: 31.01mg (37.59%), Fiber: 8.28g (33.11%), Phosphorus: 297.89mg (29.79%), Vitamin B6: 0.53mg (26.59%), Potassium: 849.55mg (24.27%), Vitamin B1: 0.35mg (23.42%), Copper: 0.44mg (21.94%), Iron: 3.91mg (21.73%), Magnesium: 86.35mg (21.59%), Zinc: 2.83mg (18.86%), Vitamin K: 17.03µg (16.22%), Vitamin B3: 3.14mg (15.69%), Vitamin A: 711.76IU (14.24%), Vitamin B2: 0.22mg (12.82%), Selenium: 7.76µg (11.09%), Vitamin B5: 1.1mg (11.01%), Vitamin B12: 0.44µg (7.37%), Calcium: 67.46mg (6.75%), Vitamin E: 0.59mg (3.96%)