

What She Ate

Image not found or type unknown

health-score 92%

HEALTH SCORE

Spicy Vegetarian Red Beans and Rice

 Dairy Free  Very Healthy

READY IN

ready

855 min.

SERVINGS

servings

6

CALORIES

calories

812 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce canned from chipotles
- ☐ 2 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 2 chipotle chilies in adobo canned minced
- ☐ 2 tablespoons canola oil
- ☐ 2 medium carrots peeled
- ☐ 0.5 teaspoon cayenne pepper or as needed
- ☐ 2 celery stalks

- ☐ 4 cups rice long-grain white steamed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons garlic minced
- ☐ 0.3 cup green onion sliced for garnish
- ☐ 6 servings hot sauce such as tabasco
- ☐ 6 cups lightly torn kale leaves packed
- ☐ 6 servings kosher salt
- ☐ 1 optional: lemon cut into wedges
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound beans dried red for stones
- ☐ 1 medium bell pepper red
- ☐ 1 tablespoon paprika smoked
- ☐ 1 large onion sweet
- ☐ 1 tablespoon worcestershire sauce

Equipment

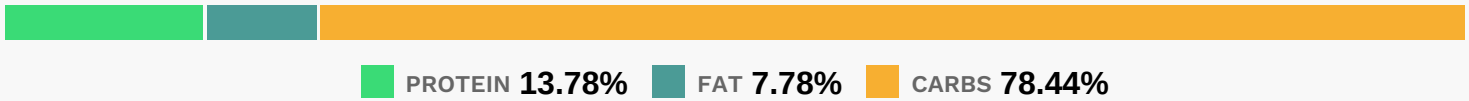
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Place the beans in a large bowl. Cover with water and soak overnight. Rinse and drain.
- ☐ Set a large heavy saucepan (Dutch oven works well) over medium heat.
- ☐ Add the oil and saute the garlic, carrots, celery, onions and bell peppers, about 5 minutes. Season with pepper (do not add salt at this stage or the beans will get tough while cooking).

- ☐ Add thered beans,kale leaves, chipotles and sauce,Worcestershire, smoked paprika,onion powder,thyme,oregano andcayenne. Stir well to combine everything, and then add the bay leaves and 8 cupswater. Bring to a boil, reduce the heat to medium and simmer uncovered, stirringoccasionally, until the bean mixture thickens,about 1 1/2 hours.
- ☐ Add more water as itcooks if necessary. Season well with salt once the beans are tender.
- ☐ When done, remove the bay leaves. Then carefully ladle out about 1 cup of the bean mixtureinto a food processor and puree (or mash with a fork). Return the puree to the pan, tasteand season again with salt and black pepper.
- ☐ Add hot sauce to taste at this stage.
- ☐ Serve the red beans on top of steamed white rice and garnish with sliced scallions and asqueeze of fresh lemon juice.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:73.97, Inflammation Score:-10, Nutrition Score:43.620000051415%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg, Quercetin: 13.57mg

Nutrients (% of daily need)

Calories: 812.37kcal (40.62%), Fat: 7.05g (10.85%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 160g (53.33%), Net Carbohydrates: 142.3g (51.75%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 283.25mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.23%), Vitamin A: 6829.54IU (136.59%), Manganese: 2.57mg (128.5%), Vitamin K: 108.71µg (103.53%), Folate: 354.4µg (88.6%), Vitamin C: 64.71mg (78.43%), Fiber: 17.7g (70.79%), Phosphorus: 507.38mg (50.74%), Copper: 0.9mg (45.03%), Potassium: 1537.15mg (43.92%), Iron: 7.88mg (43.78%), Vitamin B1: 0.65mg (43.02%), Magnesium: 160.23mg (40.06%), Vitamin B6: 0.8mg (39.88%), Selenium:

22.44µg (32.06%), Zinc: 3.89mg (25.93%), Vitamin B3: 4.54mg (22.68%), Vitamin B2: 0.37mg (21.8%), Vitamin B5: 2.13mg (21.35%), Calcium: 203.04mg (20.3%), Vitamin E: 2.23mg (14.89%)