



Stovetop Red Beans and Rice



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



10

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 rib celery chopped
- ☐ 0.5 pound andouille chicken sausage smoked thinly sliced
- ☐ 1 tablespoon creole seasoning
- ☐ 3 garlic cloves minced
- ☐ 1 bell pepper green chopped
- ☐ 10 servings garnish: green onions sliced
- ☐ 1 medium onion chopped
- ☐ 1 pound kidney beans dried red

- ☐ 3 cups rice long-grain uncooked

Equipment

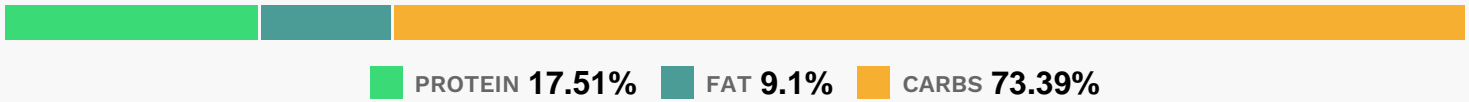
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Place beans in a Dutch oven; add water 2 inches above beans. Bring to a boil. Boil 1 minute; cover, remove from heat, and soak 1 hour.
- ☐ Drain.
- ☐ Saut sausage and next 3 ingredients in Dutch oven over medium-high heat 10 minutes or until sausage is browned.
- ☐ Add garlic; saut 1 minute.
- ☐ Add beans, Creole seasoning, and 7 cups water. Bring to a boil; reduce heat to low, and simmer 1 to 1 1/2 hours or until beans are tender.
- ☐ Meanwhile, cook rice according to package directions.
- ☐ Serve with red bean mixture.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Aidells Organic Fully Cooked Cajun Style Andouille Smoked Chicken Sausage.
- ☐ Try These Twists!
- ☐ Vegetarian Red Beans and Rice: Omit chicken sausage. Prepare recipe as directed in Step Coarsely chop celery, green bell pepper, onion, and 1 red bell pepper. Saut chopped vegetables and garlic in 1 Tbsp. hot olive oil 6 to 8 minutes or until tender. Stir together vegetables, beans, Creole seasoning, 1 tsp. smoked paprika, 1 vegetable bouillon cube, and 7 cups water in Dutch oven. Bring to a boil, reduce heat to low, and simmer as directed. Season with salt to taste.
- ☐ Serve with rice. Makes: 10 cups.
- ☐ Per serving (about 1 cup bean mixture and 1 cup rice): Calories 373; Fat 1g (sat .03g, mono 2g, poly 3g); Protein 4g; Carb 9g; Fiber 6g; Chol 0mg; Iron 2mg; Sodium 377mg; Calc 81mg.
- ☐ Quick Red Beans and Rice: Substitute 2 (16-oz.) cans light kidney beans, drained and rinsed, for dried beans. Reduce Creole seasoning to 2 tsp. Prepare recipe as directed in Step 2,

- substituting 2 cups low-sodium fat-free chicken broth for 7 cups water and simmering 20 minutes.
- ☐ Serve with rice. Makes: about 7 cups.
 - ☐ Per serving (about 1 cup bean mixture and 1 cup rice): Calories 420; Fat 5g (sat 1g, mono 2g, poly 2g); Protein 7g; Carb 3g; Fiber 13g; Chol 35mg; Iron 1mg; Sodium 490mg; Calc 65mg.
 - ☐ Slow-cooker Red Beans and Rice: Omit Steps 1 and Stir together first 7 ingredients and 7 cups water in a 4-qt. slow cooker. Cover and cook on HIGH 7 hours or until beans are tender.
 - ☐ Serve with rice. Makes: about 10 cups.
 - ☐ Per serving (about 1 cup bean mixture and 1 cup rice): Calories 397; Fat 3g (sat 8g, mono 2g, poly 3g); Protein 9g; Carb 4g; Fiber 3g; Chol 24mg; Iron 6mg; Sodium 319mg; Calc 99mg.

Nutrition Facts



Properties

Glycemic Index:26.12, Glycemic Load:34.93, Inflammation Score:-7, Nutrition Score:17.224782539451%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 412.47kcal (20.62%), Fat: 4.18g (6.43%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 75.85g (25.28%), Net Carbohydrates: 67.53g (24.56%), Sugar: 2.25g (2.5%), Cholesterol: 16.01mg (5.34%), Sodium: 242.53mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Manganese: 1.17mg (58.57%), Folate: 190.94µg (47.74%), Fiber: 8.32g (33.28%), Phosphorus: 258.69mg (25.87%), Copper: 0.46mg (23.05%), Vitamin B1: 0.33mg (22.22%), Iron: 3.88mg (21.55%), Potassium: 748.16mg (21.38%), Magnesium: 80.98mg (20.24%), Vitamin C: 14.54mg (17.62%), Vitamin B6: 0.34mg (16.91%), Vitamin K: 16.44µg (15.66%), Selenium: 10.1µg (14.42%), Zinc: 1.95mg (13.01%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.95mg (9.52%), Vitamin B2: 0.14mg (8.33%), Vitamin A: 393.61IU (7.87%), Calcium: 63.72mg (6.37%), Vitamin E: 0.39mg (2.57%)