

Weeknight Red Beans and Rice

This quick, meat-free alternative to traditional Monday red beans and rice is lower in calories, saturated fat, and sodium but still full of delicious smoky flavor.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, diced small
1 each	Bell Pepper, any color, diced small
2 stalks	Celery, diced small
3 cloves	Garlic, minced
3 Tbsp	Salt-free Creole Seasoning (see separate recipe)
2 each	Bay Leaf
1 Tbsp	Smoked Paprika
½ tsp	Thyme, dried
½ tsp	Kosher Salt
2 (15 oz) cans	Kidney Beans, low sodium, drained and rinsed
2 cups	Vegetable Stock or Water
1 tsp	Vegan Worcestershire Sauce
2 tsp	Hot Sauce, Crystal or Tabasco
<u>To serve:</u>	
3 cups	Quick Steamed Brown Rice (see separate recipe)
2-3 stalks	Green Onions, sliced thinly

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large saucepot, heat the oil over medium heat. Once hot, add the onions and stir occasionally, until translucent and beginning to brown slightly, about 2-4 minutes.
3. Add the bell pepper and celery to the pan, continuing to sauté until the vegetables are soft and begin to brown, about 2 minutes. Add the garlic and continue to sauté for an additional 30-60 seconds, or until the garlic is fragrant.
4. Add the Creole seasoning, bay leaf, smoked paprika, thyme, salt, pepper, and cayenne (if using) to the pot. Stir to mix well and let the spices toast until they become aromatic, about 30 seconds to 1 minute.

CHEF'S NOTES

This version of red beans is vegan, relying on smoked paprika to impart the smoky flavor that comes from the seasoning meats typically used. If you would like to use meat and want to watch the saturated fat and sodium, swap out the smoked paprika for 1 oz. Tasso, which is a lean smoked pork product made from the loin. Chopping it small allows the flavor to spread throughout the dish while using only a small portion.

Using canned beans is the trick to making this dish come together in a hurry for a stress-free weeknight dinner. They are an inexpensive shelf-stable item to keep stocked in your pantry for adding quick plant-powered protein and fiber to any meal.

Adjust the heat level to your preference by adding extra cayenne pepper or hot sauce.

- Add the drained and rinsed beans, vegetable stock (or water), and Worcestershire sauce to the pot and stir well to combine. Once the beans begin to bubble, reduce the heat to medium-low. Simmer for 15-20 minutes, stirring occasionally.
- Add the hot sauce to the pot. If a creamier texture is desired, use a potato masher to mash the beans. Serve over rice and topped with sliced green onions.

Nutrition Facts	
6 servings per container	
Serving size	
3/4 cup beans with 1/2 cup rice (431g)	
Amount Per Serving	
Calories	280
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 53g	19%
Dietary Fiber 12g	43%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 3.8mg	20%
Potassium 660mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

