Quick Red Beans and Rice

This fast alternative to traditional 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

INGREDIENTS

- 1 Tbsp Olive Oil
- 1 medium Onion, diced small
- 1 medium Bell Pepper, any variety, diced small
- 2 stalks Celery, diced small
- 2 cloves Garlic, minced
- 1 oz Smoked Pork/Tasso, low sodium, minced OR 1 Tbsp Smoked Paprika (for vegetarian)
- 2 each Bay Leaf
- ½ tsp Thyme, dried
- 1 Tbsp Salt-free Creole Seasoning (see separate recipe)
- ½ tsp Kosher Salt
- To taste Black Pepper, ground
- ¼ - ¹/₄ tsp Cayenne Pepper (optional)
- 2 (15 oz) cans Kidney Beans, canned, low sodium, drained and rinsed
- 2 cups Vegetable Stock or Water
- 1 tsp Hot Sauce

To serve:
- 3 cups Steamed Brown Rice (see separate recipe)
- 2-3 stalks Green Onions, sliced thinly

CHEF’S NOTES

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.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium sauce pot, heat the oil over medium heat. Once hot, add in the onions and stir occasionally, until translucent and begin to brown slightly, about 2-4 minutes.
3. Add the bell pepper and then the 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 until the garlic is fragrant, another 30-60 seconds.

Directions Continued and Nutrition Facts Found on the Reverse Side 02.27.24
4. Add the pork tasso OR smoked paprika, bay leaf, thyme, Creole seasoning, salt, pepper, and optional cayenne to the pot. Stir until the spices are well combined. Let the spices heat, coat the vegetables, and become aromatic, about 1-2 minutes.

5. Add the drained and rinsed beans and vegetable stock (or water) 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.

6. Add the hot sauce to the pot. If a creamier texture is desired, use a whisk or potato masher to mash the beans. Serve over rice and topped with sliced green onions.

Tasso:

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<th>Nutrition Facts</th>
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<tr>
<td>6 servings per container</td>
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<td><strong>Serving size</strong></td>
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<td><strong>Amount Per Serving</strong></td>
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<tr>
<td>Calories</td>
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<td>% Daily Value*</td>
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| Total Fat | 3.5g | 4%
| Saturated Fat | 0g | 0%
| Trans Fat | 0g |
| Cholesterol | <5mg | 1%
| Sodium | 400mg | 17%
| Total Carbohydrate | 56g | 20%
| Dietary Fiber | 8g | 29%
| Total Sugars | 6g | 0%
| Includes 0g Added Sugars | 0%
| Protein | 13g | 26%
| Vitamin D | 0mcg | 0%
| Calcium | 140mg | 10%
| Iron | 3.9mg | 20%
| Potassium | 770mg | 15%

Smoked Paprika:

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| Saturated Fat | 0g | 0%
| Trans Fat | 0g |
| Cholesterol | 0mg | 0%
| Sodium | 360mg | 16%
| Total Carbohydrate | 56g | 20%
| Dietary Fiber | 8g | 29%
| Total Sugars | 6g | 0%
| Includes 0g Added Sugars | 0%
| Protein | 12g | 24%
| Vitamin D | 0mcg | 0%
| Calcium | 140mg | 10%
| Iron | 3.9mg | 20%
| Potassium | 770mg | 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.

Recipe adapted from Heath meets Food, “Quick Red Beans and Rice” (11/12/18)