

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
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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
⅛ - ¼ 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
 <u>To serve:</u>	
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.

- 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.
- 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.
- 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:

Smoked Paprika:

Nutrition Facts	
6 servings per container	
Serving size 1 cup beans with 1/2 cup rice (430g)	
Amount Per Serving	
Calories	300
% Daily Value*	
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	
Includes 0g Added Sugars	0%
Protein 13g	26%
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.	

Nutrition Facts	
6 servings per container	
Serving size 1 cup beans with 1/2 cup rice (425g)	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 6g	
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)



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