



Quick Red Beans and Rice

This is a fast and tasty substitute to traditional red beans in rice, which is high in calories, saturated fat and sodium.

<u>U.S.</u>		<u>Metric</u>
1 cup	Brown Rice, uncooked	115 g
2 tsp	Olive Oil	10 mL
1/2 each	Onion, small dice	80 g
1 stalk	Celery, diced	1 stalk
1/2 each	Green Bell Pepper, seeded and finely chopped	41 g
2 cloves	Garlic, minced	1 clove
1 oz	Smoked/Pickled pork or tasso, low sodium (Vegetarian option- substitute pork for 1 Tbsp smoked paprika)	30 g
2 (15 oz) can	Kidney Beans, dark red, canned, no sodium added	850 g
2 1/2 cups (divided)	Water or Vegetable Stock	120 mL
2 each	Bay Leaf	1 each
1/2 tsp	Thyme, dried	0.5 g
1/4 tsp	Hot Sauce	2 mL
1/2 tsp	Salt	1.5 g
To taste	Black pepper, fresh ground	To taste

Preparation:

1. Gather all the ingredients and equipment.
2. Cook brown rice by combining the rice with 2 cups water or vegetable stock, bring to a boil and reduce to simmer, cover and cook for 20 minutes or until rice is tender and the water is fully absorbed.
3. Place oil in a large pot over medium heat. Once hot, add onion, celery and green pepper, cook until onion starts to turn translucent and celery softens, about 5 minutes.
4. Add the garlic and pork or paprika and cook for another 1-2 minutes, stirring frequently.
5. Add the beans, 1/2 cup water or stock, thyme, bay leaf, salt, pepper, and hot sauce. Stir to combine. Reduce heat to medium-low. Simmer for 10-20 minutes to thicken.
6. If you prefer a creamy texture, mash some of the beans with a potato masher or whisk.
7. Serve over hot brown rice and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts - With Pork

6 Servings

Serving size 1/6 of recipe

Amount per serving

Calories 270

Calories from Fat 25

Total Fat 2.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 5 mg

Sodium 360 mg

Total Carbohydrate 48 g

Dietary Fiber 11 g

Total Sugars 1 g

Includes 0g Added Sugars

Protein 13 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 135 mg

Phosphorus 110 mg

Nutrition Facts - With Smoked Paprika (Vegetarian)

6 Servings

Serving size 1/6 of recipe

Amount per serving

Calories 270

Calories from Fat 20

Total Fat 2.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 0 mg

Sodium 300 mg

Total Carbohydrate 48 g

Dietary Fiber 11 g

Total Sugars 1 g

Includes 0g Added Sugars

Protein 12 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 135 mg

Phosphorus 110 mg