



Quick Red Beans and Rice (Large Font)

This is a fast and tasty substitute to traditional red beans in rice, which is high in calories, saturated fat and sodium. For a Vegetarian option- substitute ham for 1 tablespoon of smoked paprika.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1/2 each	Onion, medium, diced in hand chopper	1/2 each
1 stalk	Celery, diced in hand chopper	1 stalk
1/2 each	Green Bell Pepper, seeded and diced in hand chopper	1/2 each
1 clove	Garlic, diced in hand chopper	1 clove
1 oz	Smoked Pork or Tasso, low sodium	28.25 g
2 (15 oz) cans	Red Kidney Beans, canned, low sodium, drained	847.5 g
2 1/2 cups	Water or Vegetable Stock	592 mL
1 each	Bay Leaf	1 each
1/2 tsp	Thyme, dried	.5 g
1/4 tsp	Hot Sauce	1.25 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. Heat oil in a large pot over medium heat. Add onion, celery and green pepper. Cook until onion starts to turn translucent and celery softens, about 3 minutes.
3. Add the garlic and pork. Cook for another 1-2 minutes, stirring frequently.
4. 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.
5. Serve over hot brown rice and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup rice 1/2 cup beans
Servings	6
Calories	270
Calories from Fat	25
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	4 mg
Sodium	340 mg
Carbohydrates	41 g
Dietary Fiber	11 g
Sugars	2 g
Protein	13 g
Vitamin A	3 %
Calcium	2 %
Vitamin C	15 %
Iron	2 %
Phosphorus	111 mg
