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.

**Nutrition Facts on Reverse**

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 40 minutes or until rice is tender and the water is fully absorbed. Fluff with a fork when finished.
3. Place a medium sized pot over medium-high heat. Add the oil. Once hot, add onion, celery, green pepper, pork or smoked paprika, thyme, cayenne, salt, and pepper. Cook until vegetables are soft, about 5-7 minutes.
4. Add the garlic and cook for another 1-2 minutes, stirring frequently.
5. Add the beans, 2 cups of water or stock, and bay leaves. Reduce heat to medium-low. Simmer for 15-20 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 - With Pork

6 Servings  
**Serving size** 1/6 of recipe  
**Amount per serving**  
**Calories** 280  
**Total Fat** 4 g  
- Saturated Fat 0 g  
- Trans Fat 0 g  
- Monounsaturated Fat 2 g  
**Cholesterol** <5 mg  
**Sodium** 310 mg  
**Total Carbohydrate** 47 g  
- Dietary Fiber 11 g  
- Total Sugars 1 g  
  Includes 0g Added Sugars  
**Protein** 13 g  
**Vitamin D** 0 %  
**Calcium** 0 %  
**Iron** 3 %  
**Potassium** 100 mg  
**Phosphorus** 100 mg

### Nutrition Facts - With Smoked Paprika (Vegetarian)

6 Servings  
**Serving size** 1/6 of recipe  
**Amount per serving**  
**Calories** 270  
**Total Fat** 4 g  
- Saturated Fat 0 g  
- Trans Fat 0 g  
- Monounsaturated Fat 2 g  
**Cholesterol** 0 mg  
**Sodium** 260 mg  
**Total Carbohydrate** 47 g  
- Dietary Fiber 11 g  
- Total Sugars 1 g  
  Includes 0g Added Sugars  
**Protein** 12 g  
**Vitamin D** 0 %  
**Calcium** 0 %  
**Iron** 3 %  
**Potassium** 100 mg  
**Phosphorus** 100 mg