



## 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
1 Tbsp	Olive Oil	15 mL
1 each	Onion, dice small	1 each
1 stalk	Celery, diced small	1 stalk
1/2 each	Green Bell Pepper, diced small	1/2 each
2 cloves	Garlic, minced	2 cloves
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, canned, no sodium added	850 g
4 cups (divided)	Water or Vegetable Stock	945 mL
2 each	Bay Leaf	2 each
1/2 tsp	Thyme, dried	0.5 g
1 tsp	Hot Sauce	5 mL
1/8 tsp	Cayenne Pepper (optional)	0.5 g
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 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 and 2 cups of water or stock. 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 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