

Red Kidney Beans & Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: 6 ounces beans and 2 ounces rice

Ingredients	Quantity	Measure
Kidney beans, dark red, dry	1	pound
Water, divided	1 ½	quarts
Vegetable oil	1	tablespoon
Onion, medium, dice	1	pint
Red bell pepper, medium, dice	1	cup
Green bell pepper, medium, dice	1	cup
Celery, medium, dice	½	cup
Fresh garlic, chopped	¼	cup
Creole seasoning	1/8 - ¼	cup
Vegetable stock	1	quart
Rice, cooked according to package directions	1	pint

Preparation

1. Cover the beans with 2 cups of the water and bring to a boil. Allow to cook for two minutes.
2. Drain water and set beans aside.
3. Put vegetable oil in a large pot (large enough to allow beans to cook freely). Add onion, red bell pepper, green bell pepper, celery, garlic, and creole seasoning. Sauté for 4 minutes.
4. Add kidney beans, 4 cups of water, and vegetable stock. Bring to a boil and let cook for 15 minutes.
5. Turn heat down to medium heat and simmer until beans are tender, approximately 20-25 minutes.
6. Taste and adjust seasoning if needed

Serving Information

Serve 6 ounces beans with 2 ounces rice.

Notes

Be careful with the creole seasoning. It can be salty and very spicy.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 228 Total Fat: 2g Saturated Fat: 0.2g Monounsaturated Fat: 1g Polyunsaturated Fat: 0.7g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 13g Total Sugars: 4g Protein: 13g Sodium: 605mg
Vitamin A: 38µg Vitamin C: 37mg Calcium: 86mg Iron: 4mg Folate: 195µg