

# New Orleans Red Beans and Rice

## Ingredients:

- 1lb red beans
- 3 cups water
- 16 oz. diced tomatoes, fresh
- 2 tsp. garlic, minced
- ¼ cup chopped onion
- ½ cup chopped green bell pepper
- ¾ cup celery, diced
- 1 tsp. bay leaf, crumbled
- 2 tsp. basil, ground
- ¾ tsp. thyme, dried
- 1 tsp. chili powder or cayenne
- 3 cup brown rice, long grain, cooked
- 3 quart water
- ¼ tsp. salt



<b>Nutrition Facts</b>	
Serving Size 2 cups (453g)	
Servings Per Container 11	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 64g</b>	<b>21%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein 14g</b>	
Vitamin A 6%	• Vitamin C 20%
Calcium 10%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE

## Directions:

1. Cook and drain beans, add to saucepan.
2. Add remaining ingredients, except rice.
3. Bring to boil over medium heat. Reduce to low, cover and cook 1 hour until beans are tender.
4. Remove pieces of bay leaf where you can. Serve over brown rice.