

Red Beans and Rice

Ingredients:

1 cup red kidney beans, dry
 2 garlic cloves, minced
 2.5 cups low sodium vegetable stock
 14 oz unsweetened coconut milk
 1 lime, juiced
 ½ cup scallions, chopped
 1 tsp thyme
 ½ tsp ground ginger
 1 tsp red pepper flakes
 ¼ tsp ground allspice
 1.5 cups wild rice, dry
 ½ tsp coarse salt
 2 dried bay leaves



Nutrition Facts

10 servings per container	
Serving size	1 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 37g	13%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.4mcg	2%
Calcium 50mg	4%
Iron 2.2mg	10%
Potassium 290mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Cover beans with water and let sit overnight in refrigerator.
2. Drain and rinse beans and place in a large pot of water. Bring to a boil and cook for 10-15 minutes.
3. Drain and then add beans to slow cooker with stock, coconut milk, lime juice, rice, garlic, thyme, allspice, ginger, white parts of the scallions, salt, red pepper flakes, and bay leaves.
4. Cover and cook on low for 6-8 hours.
5. Uncover and remove the bay leaves.
6. Garnish with green parts of the scallions and serve hot.

For more information contact The Living Whole
 Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.