

Red Beans and Rice

Yield: 6 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives and omit garlic

Ingredients

To make the beans:

1 lb kidney beans, dry
(can substitute three 15 oz cans of beans)

6 cups water

2 bay leaves

1 carrot, peeled and trimmed

1 stalk celery, trimmed

½ onion, peeled and trimmed

To make the rice:

¼ cup olive oil

1 large onion, diced

1 green bell pepper, diced

2 stalks celery, diced

2 cloves garlic, minced

Pinch cayenne pepper

1 tsp thyme, dry

1 tsp sage, dry

1 Tbsp parsley, dry

1 cup long-grain rice, rinsed

2 cups water

¼ tsp salt, kosher

Advanced Prep

If using canned beans, skip this part.

Rinse beans, and then soak in a large pot of water overnight.

Strain and rinse the beans again. Place the soaked and rinsed beans in a large pot with water (6 cups), two bay leaves, one carrot, one celery stalk, and one half onion. Bring to a simmer over high heat.

Reduce heat and maintain a simmer for about one hour. Remove and discard the bay leaves, carrot, celery stalk, and onion.

Directions

1. In a large pot, heat olive oil (¼ cup) over medium heat.
2. Cook diced onion, bell pepper, celery, and minced garlic in olive oil for 3–4 minutes.
3. Stir in the cooked beans with remaining cooking liquid, and add a pinch of cayenne, thyme (1 tsp), sage (1 tsp), and parsley (1 Tbsp).
4. Bring to a simmer. Cook for an additional 10–15 minutes.
5. Adjust with additional water if needed.
6. Rinse the rice at least two times. Place the rinsed rice, water (2 cups), and salt (¼ tsp) in a rice cooker or covered saucepan, and gently simmer until water is absorbed and rice is tender.
7. Serve the completed red beans alongside or over the cooked rice.



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Nutrition Facts

Serving size 1 (17.9oz)

Amount Per Serving **507g**

Calories **475**

% Daily Value

Total Fat 10.9g **17%**

Saturated Fat 1.6g **8%**

Cholesterol 0mg **0%**

Sodium 131mg **5%**

Total Carbohydrate 76g **25%**

Dietary Fiber 14g **56%**

Sugars 4g

Protein 20g **41%**

Vitamin A **40%**

Vitamin C **41%**

Calcium **13%**

Iron **33%**