



Southern Red Beans and Rice

Yield: 6 servings

Ingredients

1 cup brown rice
1 tablespoon extra virgin olive oil
2 cups diced onion
1 cup diced celery
1 cup diced green bell pepper
1 cup diced poblano pepper
3 tablespoons minced garlic
45 ounces canned red kidney beans, low or no salt added
3 cups vegetable stock, low or no salt added
½ cup sliced green onions
3 tablespoons red wine vinegar
1 teaspoon smoked paprika
1 teaspoon dried parsley
½ teaspoon kosher salt

½ teaspoon ground black pepper
¼ teaspoon dried thyme
⅛ teaspoon ground cayenne pepper, optional

Instructions

1. In a small sauce pot bring 2 cups of water to a boil. Add brown rice, cover and reduce heat to a simmer and let cook until tender about 30 to 40 minutes.
2. Heat a medium size pot over medium heat. Add oil, onion, celery, bell pepper, poblano pepper and garlic. Stir frequently and cook for 6 to 8 minutes or until vegetables are tender.
3. Rinse and drain beans. Add ½ the beans to a medium bowl and mash with a fork or potato masher.
4. Add all beans to medium size pot with cooked vegetables along with vegetable stock, ¼ cup green onions, vinegar, paprika, parsley, salt, pepper, thyme and cayenne. Bring to a boil and reduce to a simmer and cook for 15 minutes.
5. Serve bean mixture over rice and top with remaining green onions.

Nutrition Information

Serving Size: ½ cup rice and 1 cup beans
Calories: 393
Total Fat: 4.5 g
Saturated Fat: 0.8 g
Monounsaturated Fat: 2.3 g
Polyunsaturated Fat: 1.1 g
Sodium: 531 mg
Total Carbohydrate: 73 g
Dietary Fiber: 16.5 g
Sugars: 9 g
Protein: 17 g

Source: Chef Jeremy Paquin

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