

Quick Red Beans and Rice

Yield: 6 servings

Ingredients

1 cup brown rice, uncooked
2½ cups water or vegetable stock
2 teaspoons olive oil
½ onion, medium, diced small
1 stalk celery, diced small
½ green bell pepper, seeded and finely chopped
2 cloves garlic, minced
1 tablespoon smoked paprika
2 (15 ounce) cans kidney beans, dark red, canned, no sodium added, drained
2 bay leaves
½ teaspoon thyme, dried
½ teaspoon salt
Black pepper, fresh ground, to taste
¼ teaspoon hot sauce

Instructions

1. Cook brown rice by combining the rice with 2 cups water or stock. Bring to a boil and reduce to a simmer. Cover the pot and cook for 30 minutes, or until rice is tender and the water is fully absorbed. Do not stir while rice is cooking, but do check water level periodically.
2. Place oil in a large pot over medium heat. Once hot, add onion, celery and green pepper. Cook until onion starts to turn translucent and celery softens, about 5 minutes.
3. Add the garlic and paprika and cook for another 1 to 2 minutes, stirring frequently.
4. Add the beans, ½ cup water or stock, thyme, bay leaves, salt, pepper and hot sauce; stir to combine. Reduce heat to medium-low. Simmer for 10 to 20 minutes to thicken.
5. If you prefer a creamy texture, mash some of the beans with a potato masher or whisk.
6. Serve over hot brown rice and enjoy!

Nutrition Information

Serving Size: ½ cup
Calories: 270
Total Fat: 3 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 1 g
Sodium: 340 mg
Total Carbohydrate: 47 g
Dietary Fiber: 11 g
Sugars: 2 g
Protein: 13 g

Source: Goldring Center for Culinary Medicine

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