



National Commodity Supplemental Food Program

New Orleans Style Red Beans and Rice

a Southern classic with plant-powered protein



Ingredients

- 1 pound dry kidney beans (or 3 cans)
- 2 tablespoons cooking oil
- 1 large onion, chopped
- 1 bell pepper, chopped
- 4 ribs celery, chopped
- garlic, minced (to taste—or garlic powder)
- 1 teaspoon dried thyme
- 2 bay leaves
- salt and pepper (to taste)
- cayenne pepper

Directions

- Soak beans overnight in bowl with 2 inches water above beans; drain.
- Put beans in pot with 3 inches water or soup stock above beans; bring to low boil and cook for 1 hour.
- Heat oil then sauté onion, pepper and celery; add garlic and continue to cook for 2-3 minutes.
- When beans are tender, drain and reserve liquid.
- Add sautéed vegetables to beans and just enough liquid to cover; simmer for 2-3 hours.
- Check seasoning and adjust; for creamier texture, mash some beans.
- Enjoy over steamed long-grain rice (preferably brown), and sprinkle with hot sauce if you like it spicy!

CSFP Food Item Spotlight: Kidney Beans

- higher antioxidant content than blueberries
- low-glycemic index

Nutrition Facts

# servings per recipe	8
Serving size: 1 cup	(no rice)
Amount per serving	
Calories	205
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	2%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 505g	22%
Total Carbohydrate 33g	12%
Dietary Fiber 11g	40%
Total Sugars 5g	
Includes 0g Added Sugars	
Protein 11g	
Vitamin D 0mcg	0%
Calcium 63mg	5%
Iron 3mg	16%
Potassium 576mg	12%

*The % Daily Value (DV) 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.

Recipe Source: adapted from Shawanda Marie's recipe on Afroculinaria.com