



A Nutrition Resource

RED BEANS AND RICE

Yield: 4 Servings | **Serving Size:** 1 cup

Cost/Serving: \$0.50

Ingredients:

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 2 Tablespoons butter
- 1 1/2 cups cooked red kidney beans (or 1 15-ounce can, drained and well-rinsed)
- 2 cups cooked brown rice
- 1 Tablespoon chopped parsley
- Salt (up to 1/4 teaspoon) (optional)
- Black pepper to taste

Directions:

- 1) In a medium skillet, melt butter over medium heat. Add onion, celery, and garlic and cook until tender.
- 2) Add beans, rice, parsley, salt, and pepper. Simmer together for 5 minutes to blend flavors.

Variation: Add sliced, cooked Italian sausage.

Note: Cooked brown rice is preferred, but cooked white rice may be substituted.

Nutrition Facts

4 servings per container

Serving size 1 cup (227g)

Amount per serving

Calories **280**

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 15mg 1%

Total Carbohydrate 46g 17%

Dietary Fiber 9g 32%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 3mg 15%

Potassium 506mg 10%

*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.



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