

# Red Beans and Rice

**Makes:** 8 servings

## Ingredients

- 2 cups** red beans, dry
- 8 cups** water
- 1 1/2 cups** onion (chopped)
- 1 cup** celery (chopped)
- 4** bay leaves
- 3 tablespoons** garlic (chopped)
- 3 tablespoons** parsley (chopped)
- 2 teaspoons** thyme (crushed, dried)
- 1 teaspoon** salt
- 1 teaspoon** black pepper
- 1 cup** green pepper (chopped)

## Directions

1. Pick through beans to remove bad beans. Rinse beans thoroughly.
2. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat.
3. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir and mash beans against side of pan.
4. Add garlic, parsley, thyme, salt, black pepper, and green

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>210</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>310 mg</b>
<b>Total Carbohydrate</b>	<b>39 g</b>
Dietary Fiber	15 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

pepper.

5. Cook uncovered, over low heat, until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked rice.

## Notes

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site.

**Source:** Food and Drug Administration (FDA), Eating for a Healthy HeartDown Home Healthy: Family Recipes of Black American Chefs Leah Chase and Johnny RiversNational Institutes of Health (NIH)