



A Nutrition Resource

RED BEANS AND RICE

Yield: 4 Servings | **Serving Size:** 1 cup
Cost/Serving: \$0.62

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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