

# Red Beans and Rice

Serves: 8

## 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)
- 1 tablespoon parsley (optional)
- 2 teaspoons thyme (crushed, dried)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup red bell pepper (chopped - could also use green pepper)
- hot cooked rice

## Directions

1. Wash hands with soap and water.
2. Pick through beans to remove bad beans. Rinse beans thoroughly.
3. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat.
4. 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.
5. Add garlic, parsley, thyme, salt, black pepper, and green pepper.
6. Cook uncovered, over low heat, until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked rice.

### Nutritional information

Total calories per serving: 168

Total fat: 1 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 315 mg

Carbohydrates: 31 g

Dietary fiber: 9 g

Total sugars: 2 g

Added sugars: 0 g

Protein: 11 g