

Red Beans & Rice

Serving Size 1 cup

Ingredients

- 2 cans red kidney beans
- 2 cloves garlic, minced
- ½ cup onions, chopped
- ½ green bell pepper, chopped
- ¼ cup celery, chopped
- ¼ teaspoon salt
- ½ teaspoon thyme
- ¼ teaspoon oregano
- 1 bay leaf
- ¼ teaspoon red pepper flakes
- 4 ounces turkey Polish sausage
- 3 cups hot cooked rice

Nutrition Facts

Servings: 8

Amount per serving

Calories **167**

% Daily Value*

Total Fat 2.1g **3%**

Saturated Fat 0.5g **2%**

Cholesterol 9mg **3%**

Sodium 455mg **20%**

Total Carbohydrate 29.3g **11%**

Dietary Fiber 6.2g **22%**

Total Sugars 2.8g

Protein 9g

Directions:

1. In a large sauce pan heat beans over medium heat.
2. Drain and rinse beans, return to sauce pan.
3. Stir in garlic, onion, green pepper, celery, salt, spices, and 2 cups of water.
4. Bring to a boil and reduce heat. Cover and simmer about 1 hour.
5. Add turkey sausage, and simmer for 15 minutes. Discard bay leaf. Serve with rice.