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Red Beans and Rice

Budget-friendly recipe

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Ready in: 1 hours 30 mins.

When served with a vegetable, this dish makes a simple vegetarian meal.



Ingredients

2 cups uncooked rice, preferably brown
2 (15-ounce) cans low-sodium dark red kidney beans *rinsed*
3 Garlic cloves *minced*
2 teaspoons Cajun seasoning
3 Stalks celery *chopped*
2 Small onions *chopped*
2 Green bell peppers *chopped*
4 cups water or vegetable broth
salt and black pepper to taste
hot sauce to taste
¼ pound cooked sliced sausage *optional*

What You'll Need

Cutting board
Chef knife
Fork
Measuring cups
Measuring spoons
Rice cooker or slow cooker (crockpot)

Directions

1. Place all ingredients in the rice cooker. Cook for one cycle. (Cook time can vary depending on rice cooker.)
2. When done cooking, fluff with a fork and season to taste.

Chef Tips

Slow Cooker Directions:

1. Place all ingredients except rice in slow cooker.
2. Cook for 4 hours on high. Stir.
3. Add rice and cook for 2 1/2 hours more.

Nutrition Info and more

Serving size: 1 ¼ cups

Total calories: 334 Total fat: 2 g Saturated fat: 0 g Carbohydrates: 68 g Protein: 10 g Fiber: 9 g Sodium: 542 mg



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