



A Nutrition Resource

RED BEANS AND RICE

Yield: 4 Servings | **Serving Size:** 1 cup

Cost/Serving: \$0.50

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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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