

Simple Creole Inspired Red Beans & Rice

w/ USDA Pork patties

- A Simple & nutritious version inspired by the Creole cuisine.
- Jazz up this simple version by adding chopped celery and bell pepper with the onions. Use low sodium broth in place of water.
- This recipe is a good source of Iron from the plant based protein, beans. Easily omit the pork for a no-meat dish.
- Substitute canned beans for dry beans, soaked over night.
- Smoked paprika adds the smoky flavor found in the traditional recipe.

Nutrition Facts

6 servings per container

Serving size 1 1/3 cup

Amount Per Serving

Calories **380**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1.9g **10%**

Trans Fat 0g

Polyunsaturated Fat 1.6g

Monounsaturated Fat 2.8g

Cholesterol 10mg **3%**

Sodium 250mg **11%**

Total Carbohydrate 60g **22%**

Dietary Fiber 11g **39%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg 0%

Calcium 89.7mg 6%

Iron 4.86mg 25%

Potassium 147mg 4%

*The % Daily Value (DV) 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.

Red Beans & Rice w/ Pork

Servings: 6 Cook time: 1 hour



Ingredients:

- 1 1/2 c dry rice
- 2 Tablespoons oil
- 1 medium onion, diced
- 2 pork patties (USDA), diced
- 2 (15oz.) cans kidney beans, drained and rinsed
- 2 (15oz.) cans tomatoes (diced, stewed or crushed) in tomato juice
- 4 cloves garlic, minced or 1 Tablespoon garlic powder
- 1 Tablespoon smoked paprika
- 2 teaspoons oregano or Italian seasoning
- 1/2 cup water

Optional: cayenne pepper

Directions:

1. Cook rice according to packaging directions.
2. Dice onion and pork patties. Mince garlic.
3. Drain and rinse kidney beans .
4. Heat oil in a large skillet over medium high heat. When hot add the onions and pork. Sauté for about 5 minutes, or until they look clear.
5. Add garlic to onions and stir for 30 seconds.
6. Add paprika and oregano. Stir for 30 seconds.
7. Add tomatoes (with juice), beans and water.
8. Stir until combined. Reduce heat to low and simmer for about 20 minutes.
9. If you like spicy, add cayenne pepper to your taste.
10. Serve over 1/2 cup rice per serving.

Modified by: Kristen Elliott, RDN, LD

Inspired by: Carol at Helping Hands of Paulding County