

New Orleans Red Beans and Rice

Ingredients:

1 lb. dry red beans	3 tbsp. chopped garlic
2 quarts water	3 tbsp. chopped parsley
1 ½ cups chopped onion	2 tsp. dried thyme crushed
1 cup chopped celery	1 tsp. salt
4 bay leaves	1 tsp. black pepper
1 cup chopped sweet green pepper	1 package, brown rice

Put beans in a pot of water to rinse them. Remove beans that float to the top (bad beans). In a 5-quart pot, combine beans, water, celery, and bay leaves. Bring to a boil then reduce the heat. Cover and cook over low heat for about 1 ½ hours. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered on low heat for about 30 minutes. Remove bay leaves.

Nutritional Information: Total Fat: .5g (Unsat: 0.4g, Saturated: 0.1g)
Calories: 171 Carbs: 32g Fiber: 7.2g
Protein: 10g Sodium: 285mg

