

# EASY RED BEANS AND RICE



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## Ingredients

Yield: 5-6

- 1 c uncooked brown rice
- 1(16 oz) package turkey kielbasa or lean ground turkey
- 1 c onion, bell pepper, & celery blend frozen
- 2 (15 ounce) cans canned kidney beans with juice
- 1/2 tsp dried oregano
- 1 (16 ounce) can diced tomatoes
- Cajun seasoning to taste if desired
- 1 clove chopped garlic
- 1/2 tsp pepper
- Salt to taste

## Directions

1. In a saucepan, cook rice per directions.
2. In a large skillet over low heat, cook turkey sausage or ground turkey for 5-7 minutes. Stir in onion, green pepper and garlic; sauté until tender. Pour in beans and tomatoes with juice. Season with oregano, salt, pepper and Cajun seasoning. Simmer uncovered for 20 minutes. Serve over cooked brown rice.

Tip: To decrease sodium choose low sodium canned food items and limit added salt or use a salt substitute.

## Nutritional Information

(with turkey kielbasa)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	290	6 g	16 g	30.2 g	1585 g

\*Not recommended for patients with Hypertension\*

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	213	1.8 g	21.4 g	28.4 g	1110 g

(with 93/7 ground turkey)

Carbohydrate Exchanges: 2