

## Heart-Healthy Vegetarian-Style Red Beans

### Vegetarian-Style Red Beans

#### Ingredients:

- 1 pound dry red beans
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 large bell pepper, chopped
- 2 stalks celery, chopped
- 3 tablespoons garlic, chopped, or 3 teaspoons garlic powder
- 3 tablespoons parsley, chopped, or 3 teaspoons dried parsley
- 3 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon black pepper
- 2 teaspoons no salt creole seasoning
- 2 quarts water
- 1 – 2 dashes of liquid smoke (optional)
- 1 teaspoon salt

#### Instructions:

1. Put the beans in a large bowl. Pick through the beans to remove any bad beans, stones, or other debris. Put the beans in a colander and rinse them thoroughly. Place them in a bowl and cover with water 2 inches above the beans. Let the beans soak overnight. Then, drain.
2. In a 5-quart pot, add the vegetable oil. Sauté onions, bell pepper, celery, and garlic for about 5 minutes on medium heat.
3. Add red beans, parsley, bay leaves, thyme, oregano, black pepper, no salt creole seasoning, and water. If desired, add liquid smoke. Do not add salt. Stir until ingredients are well mixed.
4. Bring to a boil, then reduce the heat to medium and simmer uncovered. Stir occasionally until the beans are completely tender, about 1 ½ to 2 hours. If necessary, add more water as it cooks.

5. Once the beans are tender, add salt and remove the bay leaves. Mash some of the beans on the side of the pot with a fork. Stir in the mashed beans. This will create a thick consistency. Mash as many or as few beans as necessary to get the preferred consistency.

6. Serve over brown rice.

Source: LSU AgCenter

Serves: 6-8

Prep Time: 15 minutes

Cook Time: 1.5 hours

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>about 1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 82mg	<b>6%</b>
Iron 5mg	<b>30%</b>
Potassium 1012mg	<b>20%</b>

\*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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## **Smothered Greens**

### **Ingredients:**

2 teaspoons extra virgin olive oil (or oil of your choice)  
1 large onion, chopped or 1 tbsp onion powder  
1 ½ -pound frozen collard, mustard, or turnip greens, washed, ribbed, and chopped  
½ cup lean ham or turkey sausage, chopped  
2 cloves garlic, peeled and chopped (optional) or 1 tsp garlic powder  
2 cups water  
½ teaspoon salt  
½ teaspoon black pepper  
1 teaspoon no salt creole seasoning

### **Instructions:**

1. Wash and chop greens.
2. Chop onion.
3. Heat oil over medium heat.
4. Sauté onion until clear.
5. Add fresh mustard greens.
6. Add meat, salt, black pepper, and water.
7. Reduce the heat, cover, and simmer for 20-30 minutes, stirring occasionally.

Source: LSU AgCenter

*Find the video for this recipe and more at [LSUAgCenter.com/BuildAHealthyMeal](http://LSUAgCenter.com/BuildAHealthyMeal). The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at [www.ChooseLouisianaHealth.com](http://www.ChooseLouisianaHealth.com)*

Serves: 8  
Prep Time: 5 minutes  
Cook Time: 20-30 minutes

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>about 3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 144mg	<b>10%</b>
Iron 0mg	<b>0%</b>
Potassium 203mg	<b>4%</b>

\*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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