

Hot 'N' Spicy Red Beans and Rice

Cedar Grove - Vicksburg, MI

The Great Country Inns of America Cookbook (2nd ed) (1992)

1 pound dried red beans
1 pound spicy pork sausage
3 medium onions, chopped
1 1/2 teaspoons salt
1 1/2 teaspoons pepper
1 tablespoon rosemary
1 tablespoon thyme
1 tablespoon tarragon
1 tablespoon oregano

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Rinse the beans and soak in water for approximately 30 minutes.

Drain. Cook in just enough water to cover for about 30 minutes over a low fire or in a crockpot.

Add the sausage, onions, salt, pepper, rosemary, thyme, tarragon and oregano. Cover and simmer for five to six hours or until the beans are tender. Stir occasionally during the cooking time, especially at the beginning to break up the sausage meat.

Per Serving (excluding unknown items): 1696 Calories; 6g Fat (3.1% calories from fat); 113g Protein; 313g Carbohydrate; 125g Dietary Fiber; 0mg Cholesterol; 3325mg Sodium. Exchanges: 19 Grain(Starch); 7 Lean Meat; 5 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1696
% Calories from Fat:	3.1%
% Calories from Carbohydrates:	71.2%
% Calories from Protein:	25.8%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	313g
Dietary Fiber (g):	125g
Protein (g):	113g

Vitamin B6 (mg):	2.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.6mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	1890mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	19
Lean Meat:	7

Sodium (mg): 3325mg
Potassium (mg): 7228mg
Calcium (mg): 999mg
Iron (mg): 49mg
Zinc (mg): 14mg
Vitamin C (mg): 51mg
Vitamin A (i.u.): 821IU
Vitamin A (r.e.): 82RE

Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1696 Calories from Fat: 52

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	3325mg	139%
Total Carbohydrates	313g	104%
Dietary Fiber	125g	500%
Protein	113g	

Vitamin A	16%
Vitamin C	85%
Calcium	100%
Iron	270%

* Percent Daily Values are based on a 2000 calorie diet.