

Slow Cooker Red Beans and Rice

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-red-beans-and-rice-recipe-simple>

Ingredients:

- 1 pound red beans dried
- 7 cups water
- 1 green bell pepper chopped
- 1 medium onion chopped
- 3 celery stalks chopped
- 2 garlic cloves minced
- 1 1/2 pounds andouille sausage cut into bite-size pieces
- 3 tablespoons Creole seasoning
- rice

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 120 milligrams
4. Fat: 47 grams
5. Fiber: 19 grams
6. Protein: 53 grams
7. SaturatedFat: 15 grams
8. Sodium: 1130 milligrams
9. Sugar: 4 grams

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