

Slow Cooker Red Beans



Serving Size: 1/3 cup

PREP TIME



DIFFICULTY



TOTAL TIME: 6 HOURS

Preparation

1. Place beans, broth, sausage, vegetables and oil into slow cooker.
2. Cook on low for 5-6 hours or until beans are soft and liquid is absorbed.
3. Serve over brown rice.*

Nutrition Facts Per Serving

Calories	148
Fat	5g
Saturated Fat	1g
Cholesterol	26mg
Carbohydrate	15g
Fiber	3g
Protein	11g

*brown rice not included in analysis.

Ingredients

- 1 cup dried red beans
- 3 cups low-sodium vegetable broth or water
- 3/4 pound Andouille or smoked chicken or turkey sausage, diced
- 1 medium bell pepper
- 3 stalks celery chopped
- 1 1/2 tablespoons oil