Red Beans and Rice With Collard Greens

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

A New Orleans staple, this recipe incorporates the nutrients and texture of collard greens.

About the Recipe

502 Calories · 21.9g Protein · 19.7 g Fiber
Dinner
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 1/2 onion
- 1 green bell pepper
- 2 sticks celery, sliced thinly
- 3 cloves garlic
- 1 bay leaf
- 2 c (170 g) cooked red beans
- 1/2 tsp (2.5 mL) ground black pepper
- 2 sprigs fresh thyme leaves
- 1/4 tsp (1.2 mL) salt
- 1/4 c (60 mL) water
- 2 c (170 g) collard greens, sliced
- cooked brown rice (optional) **optional*
- hot sauce (optional) **optional*

Directions

1. Over medium heat, saute the onion, bell pepper, and celery until the onion is lightly caramelized.
2. Add the garlic and saute for 1 more minute.
3. Add the bay leaf, red beans, pepper, thyme, and salt. Add 1/4 c (60 mL) water to create enough sauce to look like a stew.
4. Simmer the sauce for at least 10 minutes. The longer you let it simmer, the better it gets. Replace the water as it evaporates. Smash the beans until the sauce thickens, but don’t worry about getting every bean smashed. The sauce should have a lot of texture.
5. While the sauce is simmering, steam the collard greens. Combine the collard greens with the finished bean sauce. Serve over rice and top with hot sauce.
6. The Gourmet Touch: Slowly smoke two veggie Italian sausages and slice into thin rounds. Add to the simmering bean sauce about 5 minutes before it is done. This will give the dish a smoky, spicy flavor.

Nutrition Facts

Per serving:

Calories: 502

Fat: 5 g

Saturated Fat: 1.1 g

Calories From Fat: 8.3%

Protein: 21.9 g

Carbohydrate: 98.4 g

Sugar: 10.9 g

Fiber: 19.7 g

Sodium: 418 mg

Calcium: 349 mg

Iron: 10.3 mg

Vitamin C: 73.6 mg

Beta-Carotene: 1,914 mcg

Vitamin E: 1.6 mg