

# 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***

- onion, diced (1/2)
- green bell pepper, diced (1)
- stalks celery, sliced thinly (2)
- cloves garlic, minced (3)
- bay leaf (1)
- cooked red beans, with at least 2 tablespoons of the cooking liquid (2 cups)
- cracked black pepper (1/2 tsp.)
- fresh thyme leaves (1 tsp.)
- salt (1/4 tsp.)
- water (as needed)
- collard greens, sliced (2 cups)
- cooked brown rice (to taste)
- hot sauce (to taste)

## Directions

1. Over medium heat, saute the diced onion, diced bell pepper, and thinly sliced celery until the onion is lightly caramelized.
2. Add the minced garlic and saute for 1 more minute.
3. Add the bay leaf, cooked red beans with liquid, pepper, thyme, and salt. Add water to create enough sauce to look like a stew (about 1/4 cup).
4. Simmer the sauce for at least 10 minutes, though 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 sliced collard greens. Combine the collard greens with the finished bean sauce. Serve over rice and top with hot sauce.&nbsp;
6. The Gourmet Touch: Slowly smoke 2 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