

## IP SW Red Beans on Rice

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Calories do not include rice.

1 1/2	cup	dry kidney beans	1	Tbs	chili powder
2		medium (abt 1 1/2 c chopped)	2	tsp	thyme
4		celery stalk, finely diced	1	tsp	oregano
1		very large bell pepper (abt 1 1/2 c chopped)	1	tsp	black pepper
4	cloves	garlic	1	tsp	cocoa powder
3		bay leaves	1	Tbs	liquid smoke
1	tsp	Red pepper flakes			cooked rice, to serve
1 1/2	Tbs	Cumin	1	can	diced tomato
			1 3/4	cup	vegetable broth



### Procedure

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- 1 Goal at the end of cooking is to have just enough water over the beans that when the beans break down it forms a gravy like substance NOT soup like.
- 2 Beans: Either (1) soak for 6-8 hours/overnight or (2) quick soak on stove or microwave big bowl of water for 4 minutes, add beans, microwave for 1 minute more, let beans sit and soak for 30 minutes. Drain beans. I usually quick soak.
- 3 Put onions, celery, garlic and bell pepper in IP and saute for a minute or so. Add remaining ingredients.
- 4 Stir well and lock lid into place, with the venting valve closed. Press "beans" program button. Press the "+" key to set time at 50 minutes. Set timer if using. Pot will take about 10 minutes to come up to pressure, will cook then go into warm mode. Hit "warm/cancel" to have Pot start to cool and allow for a natural pressure release. This takes about 25 minutes.

Servings: 8

Yield: 1 cup per serving

Degree of Difficulty: Easy

### Nutrition Facts

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Nutrition (per serving): 209 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 309mg sodium, 263.9mg potassium, 66.2g carbohydrates, 41g fiber, 9.1g sugar, 20.6g protein.

### Source

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Source: <http://blog.fatfreevegan.com/2006/02/real-louisiana-red-beans-and-rice.html> modified heavily