

# Creole Beans

**Makes:** 4 servings

Try this recipe with red beans or other varieties and serve this main dish with cooked brown rice and a green salad for a complete meal. To learn how to cook dried beans, check out our recipe [Cooked Beans](#).

## Ingredients

- 2 1/2 cups** beans (dry, cooked)
- 1/2 cup** celery (sliced)
- 1/2 cup** green pepper (chopped)
- 1/2 cup** onion (chopped)
- 2 teaspoons** vegetable oil
- 1 can** tomatoes (16 oz, with juice)
- 1/4 teaspoon** garlic powder
- 1/8 teaspoon** pepper

## Directions

1. Cook celery, onion, and green pepper in vegetable oil in a large saucepan until soft, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to vegetable mixture.
3. Bring to a boil. Add beans and return to a boil.
4. Cover and cook over low heat until flavors are blended and liquid is cooked away, about 30 minutes. Stir once and a while to prevent sticking.

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Do You Weigh Too Much?

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>210</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>280 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	11 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available