

# Red Beans and Rice Soup

*Best Slow Cooker Recipes  
Pillsbury Classic Cookbooks #370*

## **Servings: 14**

*1 bag (16 ounce) dried kidney beans,  
sorted and rinsed  
1 ring (one pound) fully cooked  
smoked pork sausage, sliced  
1 container (8 ounce) refrigerated  
prechopped onion, celery and bell  
pepper mix  
3 cloves garlic, finely chopped  
6 cups chicken broth  
2 cups water  
3/4 teaspoon salt  
3/4 teaspoon dried thyme leaves  
1/4 teaspoon ground red pepper  
(cayenne)  
1 pouch boil-in-bag rice (from a  
14-ounce box)  
fresh thyme sprigs (for garnish, if  
desired)*

## **Preparation Time: 15 minutes**

In a large bowl, place the beans. Add enough water to cover the beans by two inches. Soak for eight hours. Drain.

Spray a five-quart slow cooker with cooking spray.

In a ten-inch skillet, cook the sausage and vegetables over medium heat for 4 minutes, stirring frequently, until the sausage is browned and the vegetables are tender. Add the garlic and cook for 1 minute longer. Drain.

Place the beans and sausage mixture in the slow cooker. Stir in the broth, water, salt, dried thyme and red pepper.

Cover and cook on LOW heat setting for eight hours.

Stir the rice into the soup. Cover and cook for 10 minutes longer or until the rice is tender.

Garnish individual servings with thyme sprigs, if desired.

Start to Finish Time: 16 hours 25 minutes

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Per Serving (excluding unknown items): 61 Calories; 1g Fat (10.2% calories from fat); 5g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 446mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	61	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	10.2%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	55.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	34.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	54mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	8g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	5g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	446mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	276mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	25mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	1IU		
<b>Vitamin A (r.e.):</b>	0RE		

**Nutrition Facts**

Servings per Recipe: 14

**Amount Per Serving**

**Calories** 61 **Calories from Fat:** 6

**% Daily Values\***

<b>Total Fat</b> 1g	1%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 446mg	19%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 3g	13%
<b>Protein</b> 5g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	1%
<b>Calcium</b>	3%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.