



Total Time
25 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Yields
24


Looking for some Gluten Free and Vegan dishes? Try our Red Beans and Rice made with V8® 100% Vegetable Juice. This delicious healthy side is perfect for any menu.

Nutrition Facts	
Serving Size	1 CUP
Amount Per Serving	
Calories 234	
	% Daily Value
Total Fat 3.7g	6%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 42.6g	14%
Dietary Fiber 4.8g	19%
Protein 7.3g	15%
Vitamin A 4%	Vitamin C 17%
Calcium 4%	Iron 13%

INGREDIENTS

WEIGHT

MEASURE

canola oil		33/100 cups
Vidalia onion, chopped	2 lb.	1 1/2 qt.
garlic, peeled, minced	1 oz.	1/4 cups
ground red pepper		1/2 tsp.
kidney beans, canned, rinsed, drained	45 oz.	2 qt.
 V8® 100% Vegetable Juice		1 qt.
cooked white rice	79 oz.	3 qt.
fresh parsley, chopped	1 oz.	1/4 cups

INSTRUCTIONS

1. Heat oil in sauté pan or large tilting skillet or rondo. Add onions, garlic and red pepper and cook until tender.
2. Stir in beans and vegetable juice. Heat to a boil. Reduce heat to low. Cover and cook for 10 minutes.
3. Stir in rice and parsley.

CCP: Heat until internal temperature is 165°F. or higher for 15 seconds.

CCP: Hold at 140°F. or higher. Portion rice mixture using 8 oz. ladle (1 cup).

Chef Tip: Substitute V8® Spicy Hot or V8® Picante for the Vegetable Juice.