



Red (Kidney) Beans



Serving
12



Prep
10 Minutes



Cook
20 Minutes



Contributer
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2 cans (400 g each) Low sodium red (kidney) beans
½ cup Chives, finely chopped
2 cloves Garlic, chopped
1 medium Onion, chopped
½ cup Ketchup
3 small Tomatoes, diced
½ cup Carrots, diced
½ cup Pumpkin, diced
¼ cup Pimento pepper, chopped
2 tsp Olive oil
¼ tsp Black pepper

1. Place beans in strainer and rinse with cold water.
2. In medium saucepan, heat oil on medium-low heat and add onions, garlic, chive, pimento pepper, carrots, pumpkin, tomatoes, and ketchup. Cook until carrots and pumpkin become tender.
3. Stir in red beans. Add 2.5 cups water, black pepper and salt (to taste). Cook on low heat for about 20 minutes until beans are tender. Some of the beans can be mashed with a spoon to make a thicker gravy. More water can be added for a thinner gravy.

Serve with fresh vegetables of choice.

DIETITIAN'S MESSAGE

The red beans pair well with macaroni pie as a plant-based protein source. This satisfying meal also would not be complete without some fresh vegetables like lettuce and tomatoes.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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CCNV
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neurodégénérescence
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