

## Red Beans

**Serves: 12**

### Ingredients

1 pound red beans	1 Tbsp. minced garlic
1 cup smoked turkey ham, low-sodium, diced	¼ cup green pepper, diced
1 cup diced onions	1 tsp. salt substitute
½ tsp. black pepper	6 cups water
1 tsp. no-salt seasoning mix	beef bouillon cubes, no sodium

Sort out the bad beans and debris.

Rinse beans and let soak in water overnight.

Drain beans.

Simmer beans, smoked turkey, and the rest of the ingredients in 6 cups of water until beans are tender, but still whole, for about 45 minutes.

Per serving: 59 calories, 0 g total fat (0 g saturated fat), 2 mg cholesterol, 110 mg sodium, 11 g total carbohydrates, 3 g dietary fiber, 2 g sugar, 4 g protein.