

Slow Cooker Red Beans and Rice Soup

If you love the flavors of red beans and rice, combine the ingredients to make a filling and healthy soup!

Recipe by [Leo Hunt](#) | Created on **Jun 13, 2022**

Ingredients

- 4 ½ cups water
- 14 ounces smoked sausage (such as Healthy Choice®), quartered lengthwise and cut into 1/4-inch pieces
- 1 (15 ounce) can kidney beans, drained
- 1 red onion, chopped
- 2 ribs celery, chopped
- 2 cubes chicken bouillon (such as Knorr®)
- 1 teaspoon Cajun seasoning
- ½ teaspoon garlic salt
- ½ teaspoon dried thyme
- ¼ cup long-grain rice

Directions

- Combine water, sausage, kidney beans, onion, celery, chicken bouillon, Cajun seasoning, garlic salt, and thyme in a slow cooker.
- Cook on High for 4 hours. Add rice and cook until rice is tender, about 1 hour more.

Nutrition Facts

Serving: **8 servings** | Calories: **270.3 kcal** | Carbohydrates: **16 g** | Protein: **14.7 g** | Saturated fat: **5.7 g** | Cholesterol: **33.9 mg** | Sodium: **1336.1 mg** | Fiber: **3.8 g** | Sugar: **1.9 g**

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