

A Kansas SNAP-Ed *EZ Does it* Recipe

Red Beans and Rice



Servings: 8

Ingredients:

- 1 tablespoon olive oil
- ½ lb. cajun smoked sausage (andouille) or other smoked sausage, sliced into ½-inch pieces
- 1 onion, chopped
- 1 green pepper, seeded and chopped
- 3 ribs celery, chopped
- 2 cloves garlic, minced
- 3 cups low-sodium chicken broth
- 2 (15.5-ounce) cans low-sodium red beans, or dark red kidney beans, drained and rinsed
- 2 cups instant rice
- creole or cajun seasoning and/or Louisiana-style hot sauce to taste



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. In a large saucepan or Dutch oven, heat olive oil over medium heat. Add sliced sausage and cook until lightly browned, about 4 to 5 minutes.
2. Add onion, green pepper, and celery. Cook 7 to 8 minutes or until onions are softened.
3. Stir in garlic and cook for 1-2 minutes.
4. Add chicken broth and bring to a boil.
5. Stir in beans and rice.
6. Reduce heat to a simmer. Add seasoning of your choice.
7. Cover and cook for about 15 minutes, or until rice is tender.

Nutrition Facts: Each serving provides 380 Calories, 19g Total Fat, 5g Saturated Fat, 860mg Sodium, 39g Total Carbohydrate, 5g Dietary Fiber, 25g Protein

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