## 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

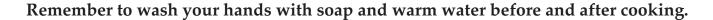
2 cloves garlic, minced

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



## **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





