

ONE-POT RED BEANS & RICE

INGREDIENTS

- ½ pound andouille sausage
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 2 ribs celery, chopped
- 1 15-oz can kidney beans, drained and rinsed
- 1 14½-oz can diced tomatoes with liquid
- ½ tsp salt
- ½ tsp black pepper
- 2 tsp ground thyme
- 2 tsp dried sweet basil
- 1½ tsp cayenne
- 1 Tbsp paprika
- 2 to 5 drops hot pepper sauce
- 1 bay leaf
- 1 cup uncooked brown rice
- 1 bell pepper, chopped



Courtesy of Academy of Nutrition & Dietetics

Serves: 4 | Serving size: 2 cups

Nutrition Information: Calories: 515; Total fat: 20g; Saturated fat: <1g; Cholesterol: 0mg; Sodium: 720mg; Total carbohydrate: 65g; Dietary fiber: 13g; Protein: 21g.

DIRECTIONS

1. Brown sausage with the onion, garlic and celery for about 4 to 6 minutes.
2. Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, hot sauce, bay leaf, and rice.
3. Bring to a boil.
4. Add the rice, decrease heat, cover and simmer 45 minutes.
5. Remove from heat. Add the green pepper, stir well, cover and let stand 10 minutes. Stir before serving.