

# One-Pot Red Beans & Rice

## INGREDIENTS

- ½ lb 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
- ¼ to 1 tsp. black pepper
- 2 tsp. ground thyme
- 2 tsp. dried sweet basil
- 1 to 2 tsp. cayenne
- 1 tablespoon paprika
- 2 to 5 drops hot pepper sauce
- 1 bay leaf
- 1 cup uncooked brown rice
- 1 bell pepper, chopped

## 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.



*Recipe featured in Academy of Nutrition & Dietetics*

**Serves: 4 | Serving size: 2 cups**

**Nutrition Information:** Calories 515, Total Fat 20g, Saturated Fat .426g, Cholesterol 0mg, Sodium 720mg, Total Carbohydrate 65g, Dietary Fiber 13g, Protein 21g