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