RED BEANS AND RICE

COOK TIME: 40 min | PREP TIME: 10 min | SERVINGS: 4

INGREDIENTS

- 1 Tbsp olive oil
- 1 Tbsp garlic powder
- 1 large red onion, diced
- 2 stalks of celery, diced
- 1 bell pepper, diced
- 2 cans red kidney beans or 1.5 dried and cooked beans
- 1 tsp garlic powder
- salt and pepper to taste
- 2 ½ cups chicken stock
- 1 cup dry white rice
- 1 tablespoon butter

PREPARATION

1. Heat olive oil over medium-high heat in a large saucepan. Saute onion, celery, and bell pepper until tender. Stir in kidney beans, garlic powder, salt, pepper, and hot sauce. Reduce heat to low and let mixture simmer slowly while you cook the rice.
2. Bring the chicken stock to a boil and stir in rice and butter. Return to a boil, then reduce heat to low, cover and cook for 20 minutes on low without removing the lid. Remove from heat and let stand for 5 minutes.
3. Fold rice and beans gently together and transfer to a serving dish.
4. OPTIONAL: Add cooked sausage for additional flavor and protein.



NUTRITION NOTE

Beans contain a variety of nutrients such as fiber, iron, protein and B vitamins which can support heart health. The fiber and protein content in beans has been shown to help people feel fuller for longer.