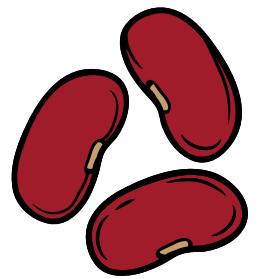


Red Beans and Rice



Ingredients:

- 1 can Red Kidney Beans
- 1 medium Yellow Onion
- 1 Green Bell Pepper
- 2 medium stalks Celery
- 2 cloves Garlic
- 2 tbsp Parsley
- 1 tbsp Olive or Avocado Oil
- 1 tbsp Hot Sauce
- 1 tsp dried Thyme
- 1 tsp Paprika
- 1/4 tsp Pepper
- 1/8 tsp ground Cayenne
- 1 tbsp Cajun Seasoning
- 1 Bay Leaf
- 16 oz Vegetable Broth
- 3/4 cups dry Brown Rice

Directions

1. Prep veggies. Wash and drain red kidney beans. Dice onion, bell pepper, and celery. Mince garlic and parsley.
2. Heat oil in a large pot over medium heat.
3. Add onion, bell pepper, and celery. Cook for 10 minutes. Add garlic and cook 1 more minute.
4. Stir in hot sauce and all of the seasonings.
5. Add in bay leaf and vegetable broth. Bring to a boil; cover, and simmer for 1 hour.
6. While simmering, cook rice according to package.
7. Add beans, then let simmer uncovered for 30 minutes.
8. Divide the beans into thirds and serve each serving with 1/2 cup of rice. Sprinkle chopped parsley and enjoy!

