

Red Beans & Rice

Prep: 15 minutes | Cook: 30 minutes | Total: 45
minutes | Yield: 4-6 servings

Ingredients

2 Tbsp olive oil
1/2 yellow onion, diced
1/2 green bell pepper, diced
2 cloves garlic, minced
1 tsp paprika
1 tsp ground cumin
1/2 tsp salt
1/4 tsp black pepper
1 can (8 oz) tomato sauce
2 cups water
1 can (15 oz) kidney or red beans,
drained and rinsed
1/4 cup cilantro, chopped (optional)
12-16 oz turkey sausage (optional)

Directions

1. In a large skillet with a tight-fitting lid heat oil over medium heat and add sliced sausage if using. If not using meat, add diced onions and peppers and saute until tender.
2. Add minced garlic and cook for 1 minute.
3. Add the spices, salt, pepper, rice, water, tomato sauce, and beans. Bring to boil, reduce heat to low and cover. Cook for 20 minutes until rice is tender. Do not remove lid while cooking, this will allow heat and moisture to escape and will affect cooking of the rice.
4. Remove from heat and allow to sit uncovered for 5 minutes.
5. Serve with cilantro.

- Traditional brown rice can be used, however, increase water to 2 1/2 cups and cook for 40 minutes until rice is tender.

