



## *Red Beans and Rice*



### **Ingredients:**

- 1 cup basmati rice
- 1 tablespoon vegetable oil
- 1 (12.8-ounce) package smoked Andouille sausage, thinly sliced
- 1 medium sweet onion, diced
- 1 green bell pepper, diced
- 2 celery ribs, diced
- 2 tablespoons tomato paste
- 3 cloves garlic, minced
- 1 ½ teaspoons Cajun seasoning, salt-free
- 3 (15-ounce) cans red beans, drained and rinsed
- 3 cups chicken stock
- 1 teaspoon hot sauce
- 1 bay leaf
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

### **Method:**

1. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
2. Heat vegetable oil in a large stockpot or Dutch oven over medium heat. Working in batches, add sausage, and cook, stirring frequently, until sausage is lightly browned, about 3-4 minutes; set aside.
3. Add onion, bell pepper, and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
4. Stir in tomato paste, garlic and Cajun seasoning until fragrant, about 1 minute.
5. Stir in red beans, chicken stock, hot sauce, bay leaf, and sausage; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer for 15 minutes. Uncover; continue to simmer until reduced, an additional 15 minutes.
6. Using a wooden spoon, mash beans until slightly thickened, if desired; season with salt and pepper, to taste.
7. Serve immediately, topped with rice and garnished with parsley, if desired.