

New Orleans Style Red Beans and Rice

Serves: 6

Ingredients

2 tsp olive oil	½ Tbsp oregano
½ large onion, chopped	¼ tsp cayenne pepper
½ red or green bell pepper, diced	2 cups canned red kidney beans, rinsed and drained
1 small stalk of celery, diced	1 ½ cups fat free, reduced sodium chicken broth
3 large garlic cloves, minced	2 cups brown rice
¼ tsp dried thyme, crumbled	Pinch of freshly ground black pepper
1 Tbsp paprika	

Directions:

1. Heat the oil in a heavy saucepan over medium heat. Add the onion, bell pepper and celery and sauté for 4 minutes.
2. Stir in the garlic, thyme and spices and cook until the vegetables are tender, about 2-3 minutes.
3. Add the beans and broth. Simmer gently, uncovered, over low heat until the beans are creamy, 15-20 minutes (make sure not to overcook them).
4. Serve the beans over brown rice.

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Per Serving: 179 calories, 2.5 g total fat (0 g saturated fat), 29 g carbohydrates, 6 g protein, 5 g dietary fiber, 140 mg sodium.

