

# Red Beans & Rice

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

2 ¼ HOURS | SERVES 12



## INGREDIENTS

- 1½ pounds dried red beans
- 2 tablespoons olive oil
- ½ pound Andouille sausage, sliced into ½-inch disks and quartered
- 2 medium onions, chopped
- 2 celery ribs, diced
- 1 medium green bell pepper, chopped
- ¼ teaspoon cayenne to taste (optional)
- ¼ teaspoon black pepper
- 1 teaspoon salt
- 6 garlic cloves, minced
- 2 bay leaves
- 2 teaspoons dried basil leaves
- 2½ cups uncooked long grain brown rice

## NUTRITION FACTS

360 calories, 6g fat, 1g saturated fat, 374mg sodium, 65g carbohydrate, 27g fiber, 3g sugar, 21g protein

## DIRECTIONS

1. Rinse and sort beans. Place in large pot or bowl and cover beans completely with water. Soak 6 hours or overnight.
2. In large heavy pot, heat 1 tablespoon oil over medium heat. Add sausage and cook about 5 minutes, until it begins to brown. Add remaining 1 tablespoon of oil, onions, celery, bell pepper, salt, and pepper, and cook about 10 minutes, until onion is translucent. Add garlic and cook until fragrant, about 45 seconds longer.
3. Add beans to pot along with enough water to barely cover. Add bay leaves and basil. Bring to a boil, then reduce heat to simmer. Cover and cook 1½ to 2 hours, until beans are tender, removing lid to stir occasionally. Add more water, a splash at a time, if the beans need more time to cook.
4. In a separate pot, cook brown rice in water according to package instructions. While rice cooks, remove lid from beans and continue cooking to thicken the beans, about another 30 minutes.
5. Remove bay leaves from beans and mix with rice. Beans can be made ahead of time, cooled, stored in airtight container in refrigerator and reheated just before serving.