



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Easy One pot Red Beans & Rice

Serves: 4

Cooking time: 45 minutes

½ pound mild Italian or andouille sausage
1 large onion, chopped
3 cloves garlic, chopped
2 ribs celery, chopped
1 14.5 ounce can diced tomatoes with liquid
1 15 ounce can kidney beans, drained and rinsed
½ tsp salt
¼ to 1 teaspoon black pepper
2 teaspoon ground thyme
2 teaspoons dried sweet basil
1 teaspoon cayenne pepper
2-5 drops hot pepper sauce
1 bay leaf
1 cup uncooked brown rice
1 green bell pepper, chopped

Brown the sausage with the onion, garlic and celery for about 4-6 minutes. Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, hot sauce and bay leaf and rice. Bring to a boil. Add the rice, decrease heat, cover and simmer 45 minutes. Remove from heat. Add the green pepper. Stir well, cover and let stand

10 minutes. Serving Size: 2 cups

Nutrition Facts per serving:

Calories: 515 Total Fat 20 g sodium 720 mg
Cholesterol 0 Saturated Fat .426 g Fiber 13 g
Carbohydrates 65 Protein 21 g