



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