



Red Beans and Rice

Adapted from: www.happilyunprocessed.com

Prep time: 10 mins Cook time: 50 mins Total time: 1 hour

Yields: 4 Servings

INGREDIENTS

- 1 Tablespoon olive oil
- 1/2 cup organic onion, diced
- 1/2 cup organic celery, diced
- 1/2 cup organic red pepper, diced
- 1/2 cup organic yellow pepper, diced
- 1/2 cup organic green (or jalapeno) pepper, diced
- 1 clove organic garlic, minced
- 3/4 cup organic brown rice
- 1 1/2 cups chicken stock
- 1 15-ounce can kidney beans, drained and thoroughly rinsed
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- pepper to taste

INSTRUCTIONS

1. In a large skillet over low to medium heat, sauté the onion, celery and peppers for 5 minutes. Season with a little salt and pepper and stir until soft. Add more oil if necessary
2. Add the garlic and cook another minute more
3. Add dry rice and sauté 2 minutes
4. Add the chicken stock, beans and spices. Bring to a boil
5. Reduce heat, cover and simmer 45 minutes. Do **not** lift the lid
6. Remove from heat and let stand 5 minutes ~ fluff with a fork and taste for seasonings. Add salt and pepper if necessary