

Louisiana Red Beans and Rice

This recipe includes the “trinity” of Gulf Coast cooking: onions, celery and bell peppers.

Yield: 12 servings

Ingredients:

3 tablespoons olive oil	1 cup finely chopped fresh parsley
3 medium onions, chopped	1 teaspoon cayenne pepper
6 garlic cloves, minced	several dashes of hot pepper sauce
2 green peppers, chopped	2 tablespoons Worcestershire sauce
1 cup diced celery	½ teaspoon each dried oregano and thyme, crumbled
3 16-ounce cans of red beans, rinsed and drained	salt and freshly ground black pepper to taste
1 15-ounce can of tomato sauce	3 to 4 cups cooked white rice
1 cup water	

Procedure:

In 5-quart Dutch oven or other large saucepan, saute onions in oil for 2 to 3 minutes; add garlic, peppers and celery and continue cooking until onions become transparent. Add all remaining ingredients except rice and simmer for 30 to 40 minutes. Check seasoning and adjust with salt and pepper if necessary. Serve over hot rice.

about 235
calories and
less than
5 grams of fat
per serving

This recipe is a great source of fiber — providing about 11 grams or nearly one-third of the recommended daily amount.



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