

New Orleans Style Red Beans and Rice



Totals per serving (This recipe makes 10 servings):

Calories 290 Fat 4.5g Fiber 8g Carbs 50g

What you'll need:

- | | |
|---|--|
| 1 16-ounce package dried red kidney beans | 1 tsp Cajun Seasoning |
| 1 Onion chopped | 2 tsp Ground Thyme |
| 1 Green bell pepper chopped | 2 tsp Garlic Salt |
| 1 Red bell pepper chopped | 14 Ounce package Low Fat Turkey Sausage finely chopped |
- 5 Cups fully cooked brown rice, cooked per package instructions

Large pot for beans

Large saucepan for rice

Let's get to cooking!

1. Rinse beans in colander and then place in a large cooking pot.
2. Add 8 cups of water, cover and soak beans for 8 hours.
3. Once soaked and plump, turn heat on high and bring beans to a boil.
4. Chop onion, green and red bell pepper and add to pot then turn heat down to medium.
5. Add seasonings.
6. Chop Turkey sausage into ½ " nuggets, add to beans and simmer.
7. Prepare your rice per package instructions (1 ½ cups uncooked rice = 3 cups cooked).
8. Rice and beans should take approximately 40 minutes each to thoroughly cook.
9. Place ½ cup cooked rice in serving bowl.
10. Top rice with 1 cup (total) red beans and juice and serve.
11. Store remaining in single serving containers and freeze. I freeze the rice, too!

Life on the Mississippi Gulf Coast inspired this **Kitty's Lighter Weigh** recipe!