



Red Beans And Rice

Servings: 15

6 15-oz cans kidney beans (blend one can before adding for creaminess)
4 tablespoons olive oil
2 onions, diced
1/2 bunch celery, diced
3/8 cup garlic, diced
7/8 pound green bell pepper, diced
2 tablespoons hot sauce
2 tablespoons thyme
2 1/4 tablespoons smoked paprika
3/8 teaspoon salt
1 teaspoon black pepper
Pinch cayenne pepper, optional
3 bay leaves
6 cups vegetable broth, or more as needed
2 sleeves Soysage, crumbled large and baked
Brown rice, serve on side

Heat oil. Add onion, bell pepper, and celery. Cook until tender and slightly browned. Add garlic and cook until fragrant.

Stir in hot sauce, thyme, paprika, salt, and pepper.

Add beans (blending one can before adding for creaminess), bay leaves, and vegetable broth. Bring to a boil and then simmer. Avoid using too much broth (add enough for a chili-like consistency). Add a pinch of cayenne toward the end for more heat, if desired.

Bake the crumbled Soysage with a little olive oil coating until slightly browned (avoid overcooking; it dries out quickly) and add into the pot to absorb the flavor.

Cook rice to serve on the side.

Tastes great with cornbread, French bread, or garlic bread.

Per Serving (excluding unknown items): 617 Calories; 5g Fat (7.3% calories from fat); 41g Protein; 106g Carbohydrate; 43g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 7 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.