

# Healthy and Budget-Friendly Red Beans and Rice

Serves 6

## For the red beans:

6 ounces Andouille or Turkey Sausage, halved and sliced  
1 red bell pepper, seeded and chopped  
1 medium yellow onion, chopped  
2 -3 teaspoons salt-free Cajun Seasoning  
¾ teaspoon dried thyme leaves  
1 (27-ounce) can dark kidney beans, rinsed and drained  
2 cups less sodium chicken broth  
Hot sauce (like Tabasco), to taste  
3 green onions, white and green parts, thinly sliced

## For the rice:

4 cups water  
2 cups long grain rice

Add the sausage to a cold sauté pan. Heat over medium heat until the sausage has rendered some of its fat and is just starting to brown. Remove the sausage using a slotted spoon and set aside.

Add the red bell pepper, yellow onion, Cajun seasoning, and thyme leaves to the sauté pan. Cook, stirring occasionally, until the onions are just soft. Add the kidney beans and the chicken broth to the pan. Bring to a strong simmer and let reduce by half. Season to taste with the Tabasco sauce.

To make the rice, bring the 4 cups of water to a boil in a medium saucepan. Add the long grain rice and cover the pot. Reduce the heat to medium-low and cook for 20 minutes. Turn off the heat and let the rice sit, covered, for ten minutes.

Serve the red beans over the rice with their broth. Garnish with the sliced green onions.

**This recipe came from Minced at [www.mincedblog.com](http://www.mincedblog.com).**