

# Red Beans & Rice

Makes 8 1 cup servings



**Greater Cleveland  
Food Bank**

## INGREDIENTS

- 1 pound dry kidney beans\* (or 3 cans)
- 2 Tbs cooking oil
- 1 large onion, chopped
- 1 bell pepper, chopped
- 4 ribs celery, chopped
- Garlic, minced (to taste— or garlic powder)
- 1 tsp dried thyme
- 2 bay leaves
- Salt and pepper (to taste)
- Cayenne pepper
- Long grain rice, preferably brown

## DIRECTIONS

1. Soak beans overnight in bowl with 2 inches water above beans; drain.
2. Put beans in pot with 3 inches water or soup stock above beans; bring to low boil and cook for 1 hour.
3. Heat oil then saute onion, pepper and celery; add garlic and continue to cook for 2-3 minutes..
4. When beans are tender, drain and reserve liquid.
5. Add sauteed vegetables to beans and just enough liquid to cover; simmer for 2-3 hours.
6. Check seasoning and adjust; for creamier texture, mash some beans.
7. Enjoy over steamed rice, and sprinkle with hot sauce if you like it spicy!

\* Kidney beans have higher antioxidant content than blueberries and a low glycemic index.

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