



## Red Beans and Rice

This Deep South favorite is served at most restaurants on Mondays in Louisiana. Try my easy home version using canned beans. Serve over rice with hot cornbread.

Makes 10 (1/2-cup) servings

8 ounces reduced-fat sausage, sliced into 1/2-inch thick rounds  
1 onion, chopped  
1/3 cup chopped celery  
1 teaspoon minced garlic  
3 (16-ounce) cans red kidney beans, rinsed and drained  
1/2 cup tomato sauce  
1 1/2 cups fat-free chicken broth  
Salt and pepper to taste  
1/3 cup chopped parsley  
1/2 cup chopped green onions

1. In large nonstick skillet coated with nonstick cooking spray, cook sausage over medium heat, stirring, until crispy brown. Set aside.
2. In large nonstick pot coated with nonstick cooking spray, sauté onion, celery, and garlic until tender, about 5–7 minutes.
3. Add beans, tomato sauce, broth, and sausage. Season to taste. Bring to a boil, reduce heat, and cover. Simmer for about 8–10 minutes, or until thickened, mashing some of the beans with a fork.
4. Add parsley and green onions, and continue cooking several more minutes.

Nutritional Information per serving:

Calories 178, Calories from fat 8%, Fat 2 g, Saturated Fat 0 g, Cholesterol 8 mg, Sodium 601 mg, Carbohydrate 27 g, Dietary Fiber 8 g, Sugars 5 g, Protein 12 g, Diabetic Exchanges: 2 starch | 1 very lean meat