

Easy Red Beans and Rice

Madeline Zwickelmaier

The Church of St. Michael and St. George - St. Louis, MO - 1985

Servings: 4

*1 pound spicy Cajun
sausage (andouille)
1 medium onion, chopped
1 green pepper, chopped
1 clove garlic, minced
2 cans (15 ounce) kidney
beans, drained
1 can (16 ounce) tomatoes,
chopped and undrained
1/2 teaspoon dried oregano
1/2 teaspoon pepper
hot cooked rice*

In a skillet, cook the sausage over low heat for 5 to 8 minutes.

Add the onion, green pepper and garlic. Saute' until tender. Drain if necessary.

Mash the beans. Add the beans, tomatoes, oregano and pepper. Simmer, uncovered, for 20 minutes.

Serve over rice if desired.

Per Serving (excluding unknown items): 327 Calories; 1g Fat (2.4% calories from fat); 22g Protein; 60g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fat.