

# One-Pot Red Beans and Rice

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## Servings: 6

1 tablespoon olive oil  
2 ribs celery, sliced  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 package (14 ounce) smoked turkey sausage, sliced  
1 carton (32 ounce) reduced-sodium chicken broth  
1 can (16 ounce) kidney beans, rinsed and drained  
1 1/4 cups uncooked converted rice  
1/3 cup tomato paste  
1 bay leaf  
1 1/2 teaspoons Cajun seasoning  
1/4 teaspoon cayenne pepper  
hot pepper sauce (optional)

In a Dutch oven, heat the oil over medium-high heat. Add the celery, onion and green pepper. Cook and stir until crisp-tender, 3 to 4 minutes. Add the sausage. Cook until browned, 2 to 3 minutes.

Stir in the broth, beans, rice, tomato paste, bay leaf, Cajun seasoning and cayenne pepper. Bring to a boil. Reduce the heat. Simmer, uncovered, until the rice is tender and the liquid is absorbed, 15 to 20 minutes, stirring occasionally. Discard the bay leaf.

If desired, serve with pepper sauce.

*Test Kitchen Tip: Also called parboiled rice, converted rice is the unhulled grain that has been steam-pressured before milling. This process retains nutrients and makes fluffy separated grains of cooked rice. Converted rice takes slightly longer to cook than regular long grain rice.*

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Per Serving (excluding unknown items): 151 Calories; 3g Fat (15.5% calories from fat); 8g Protein; 25g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.