

 **Prep:** 15 minutes  
 **Cook:** 15 minutes  
 **Servings:** 8

# Dirty Rice 'N Beans

## INGREDIENTS

1 Tbsp olive oil  
1 small onion, *chopped*  
1 medium green pepper, *chopped*  
2 ribs celery, *chopped*  
1 clove garlic, *chopped*  
2 tsp Cajun seasoning  
1 tsp dried thyme  
1 can (~16 oz) Kidney Beans, any variety  
1/2 cup chicken stock  
2 cups cooked brown or white rice  
4 green onions, *thinly sliced*  
Salt and pepper

## DIRECTIONS

1. Heat oil in 10-inch skillet over medium heat. Add onion, pepper, celery, garlic and spices. Cook 4-5 minutes.
2. Stir in beans and stock. Stir in rice; cover and cook over low heat for 10 minutes.
3. Stir in green onions. Season with salt and pepper to taste before serving.

## Nutrition Information (per 1.5 cups)

Calories 223  
Total Fat 2g  
Saturated Fat 0.4g

Carbohydrate 47g  
Fiber 3g  
Sugars 1.7g  
Protein 5.5g

Calcium 38mg (3%)  
Iron 3 mg (16%)  
Potassium 224 mg (5%)