

Red Beans and Rice with Andouille

Serves 4

1/2 Tbsp. canola oil
1 small onion, diced
2 ribs celery, sliced
1/2 cup diced bell pepper(s)
2 cloves garlic, minced
1 Tbsp. creole seasoning, divided
4 links (about 12 ounces) andouille chicken sausage (or pork andouille, of course), sliced
1 heaping Tbsp. tomato paste
2 Tbsp. chopped fresh parsley
2 bay leaves
1 cup rice (and yes, I use brown)
2 cups chicken broth (or water)
1 can dark red kidney beans

Heat the canola oil in a large skillet/sauté pan (something that has a lid) over medium heat. Add the onion, celery, bell pepper, garlic and 1/2 Tbsp. of the Creole seasoning. Sauté until vegetables are tender.

Add the andouille and brown. Stir in the tomato paste, parsley, bay leaves and rice and cook for about a minute. Add the chicken broth, being sure to scrape up all the browned bits, the remaining 1/2 Tbsp. of creole seasoning, and the beans. Bring to a boil. Cover, reduce heat to low and cook until rice is done. Remove from the heat and let stand a few minutes before fluffing with a fork and serving.