**Cajun Beans and Rice**

**Produce**

garlic (if needed)

1 yellow onion

1 green bell pepper

1 red bell pepper

2 stalks celery

3 kiwis (one per diner)

**Canned/Dried Food**

one 15 oz. can red kidney beans

one 15 oz. can diced tomatoes

low-sodium veggie broth (if needed)

brown rice (if needed)

(If need spices)

dried thyme leaves

dried oregano

paprika

white pepper

cayenne pepper

**Meat/Fish/Poultry**

none tonight

**Chilled Foods/Dairy**

plain, nonfat yogurt

Field Roast Chorizo sausage