**Cajun Beans and Rice**

**Produce**

garlic *(if needed)*

1 yellow onion

1 bunch cilantro leaves

1 Anaheim pepper

1 jalapeno pepper

1 green bell pepper

celery *(if needed)*

2 limes

1 orange

**Canned/Dried Foods**

brown rice*(if needed)*

one 15 ounce can red kidney beans

one 15 ounce can no-salt chunky tomato sauce

low sodium vegetable broth *(if needed)*

Tabasco sauce (if needed)

ground paprika *(if needed)*

dried thyme *(if needed)*white pepper *(if needed)*black pepper *(if needed)*cayenne pepper *(if needed)*

**Frozen Foods**

frozen corn*(if needed)*

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**  
leftover red sauce*(in fridge at home)*

1 package six inch corn tortillas