

Cajun Beans and Rice

Cajun flavors will rock your taste buds tonight. Cajun cuisine is really peasant food developed by the 17th century French/Canadian immigrants of Louisiana. What makes a dish “Cajun?” The vegetable trifecta of celery, peppers and onion is part of the formula. However, “cajun” seasoning is the key. It's generally a combination of paprika, thyme, cayenne pepper and oregano.

Preparation time: 45 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add (and more fun to cook!). Put rice on to cook as part of prep. Bring rice, water and salt to a hard boil, reduce heat to medium-low, cover pan and set a timer for 25 minutes. I also suggest combining the Cajun Spice Mix ingredients in a small jar and shaking it well as part of prep.

Brown Rice (make as part of Prep)

1 C. brown rice
2 C. water
pinch of salt

Cajun Spice Mix (Make during Prep)

1 T. paprika
1/2 tsp. salt
1 tsp. garlic powder
1/4 tsp. ground black pepper
1/4 tsp. ground white pepper
1 tsp. dried oregano
1/8 tsp. cayenne
1/4 tsp. dried thyme

Cajun Beans and Rice

1 tsp. olive oil
1 pkg. Chorizo plant-based sausage

one 15 oz. can no-salt chunky tomatoes
1 T. Cajun spice mix (made during prep)
3 C. canned red kidney beans (drained and rinsed)
1-1/2 C. cooked rice (from above)

1 tsp. olive oil
1/2 C. chopped celery (chopped)
1 clove fresh garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1/2 C. green bell pepper (chopped)

Fruit and Garnish

2 kiwis (one per diner)
two 6" corn tortillas

Garnish:
4 T. plain, nonfat yogurt (stirred smooth)
1/2 C. Low-sodium, Tomato Salsa

*Be sure to start
the rice and make
the cajun spice mix now!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

While the rice finishes cooking, and after you've prepared the Cajun Spice Mix, brown a package of Field Roast Chorizo sausages. Use one sausage in tonight's recipe.

Sausages

Remove plastic casings from the Field Roast Sausages and cut sausages in half lengthwise. Brown on all sides on an oiled stovetop griddle or in a sauté pan. Reserve 1 sausage for tonight's dish. Let cool until easy to handle and slice into 1/8" half rounds.

Store the leftover browned sausages in the freezer.

Cajun Beans and Rice

1. Place 15 oz. can no-salt, diced tomatoes in large saucepan. Measure and add 1 T. Cajun Spice mixture (made earlier). Cook over medium-low heat 5-minutes.
2. Measure 1/2 C. of the canned beans into a separate bowl and mash with a fork. Add mashed and whole beans to the tomato sauce and stir until well blended. Add 1-1/2 C. cooked rice and chopped sausage to the mixture, toss well and cook over medium low heat for another 5 minutes.
3. Place oil and celery in a sauté pan and toss over medium-high heat until celery turns bright green. Add garlic, onion and peppers. Increase heat to high and toss until onions and peppers begin to brown on the edges. Transfer vegetable mixture to pan with beans and rice and cook 5 minutes over low heat.

Plate the Meal

Spoon 1-1/2 C. beans and rice onto individual dinner plates. Drizzle each serving with 2 T. yogurt. Place a warmed and rolled tortilla next to the beans and rice along with a small ramekin of salsa. Cut kiwis in half and serve alongside beans and rice. Halved kiwis are easily eaten by scooping the flesh out with a teaspoon. Enjoy!

What I've Learned from this Recipe

I've discovered that when one adds separately cooked celery, onions and peppers to the beans and rice as the final step of the cooking process, they retain their individual flavor integrity while adding color to the dish.

Let us know what you think, and any questions you may have! chezdon@plate6.com