

Cajun Beans and Rice

Light up the tastebuds with Cajun tonight! What makes a dish “Cajun?” The vegetable trifecta of celery, peppers and onion provides the vegetable magic. However, “cajun” seasoning is the key. It's generally a combination of paprika, thyme, cayenne pepper and oregano.

You can use any variety of canned bean for this recipe, but red kidney beans are the most authentic.

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

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients. It's more fun to cook when everything's within reach.

Brown Rice

1 C. brown rice
2-1/4 C. water
pinch of salt

Cajun Spice Mix

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

Sausage

1 tsp. olive oil
1 package Chorizo Plant-based Sausage

Cajun Beans and Rice

one 15 oz. can no-salt chunky tomatoes
1 T. Cajun spice mix (see recipe)
3 C. canned red kidney beans (drained and rinsed)
1-1/2 C. cooked rice (from above)
1 link Plant-based Chorizo Sausage (diced or chopped)

1 tsp. olive oil
2/3 C. chopped celery (chopped)

1 clove fresh garlic (smashed and chopped)
2/3 C. yellow onion (chopped)
2/3 C. green bell pepper (chopped)

Fruit and Garnish

2 kiwis - one per diner (served halved)
two 6" corn tortillas
Garnish:
4 T. plain, nonfat yogurt (stirred smooth)
1/2 C. Low-sodium, Tomato Salsa

Let's Prepare, Cook, and Plate This!

Rice and Cajun Spice Mix

Basic Assembly Instructions

Get started by cooking the rice. Bring the rice, water and salt to a boil, cover pan, reduce heat to medium-low and set a timer for 25 minutes.

Next, combine all ingredients for the spice mix in small jar and shake well. Use homemade Tomato Salsa from the fridge or commercial salsa from the store.

Sausages

If you don't have sausages on hand brown a package of Field Roast Sausages. Remove plastic outer casings and cut sausages in half lengthwise and brown on all sides on 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.
- Warm tortillas between a couple of plates in the microwave. Roll them up while warm and place next to the beans and rice along with a small ramekin of salsa.
- Serve halved kiwis alongside beans and rice or as a side. (Serve with a small spoon.)

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