

ONE-POT GUMBO

FROM DELICIOUS LIVING NUTRITION

SERVES 4

This is a New Orleans inspired dish that is packed with protein and fiber from the beans, rice and veggies within it. Feel free to make this recipe your own by adding meat like sausage, or a meat substitute, or try out different beans in the dish like garbanzo beans or navy beans too. There is a lot of room to play with this dish and add other items from your pantry. This is a great dish to whip up using common pantry and freezer items. You can use frozen onions and peppers instead of fresh, and you can use dried beans instead of canned beans if that's what you have. Enjoy!

INGREDIENTS

1 large onion, chopped	3 tsp ground thyme
3 cloves garlic, chopped	3 tsp dried basil
2 ribs (200 g) celery, chopped	1 tsp cayenne pepper, ground
1 ½, 14½-ounce can diced tomatoes with liquid (21.74 oz)	1 ½ tbs paprika, ground
1, 15-oz can kidney beans, drained and rinsed	½ tsp ground cumin
1, 15-oz can black beans, drained & rinsed	2 tsp hot sauce
2 tsp salt	1 cup uncooked brown rice
1 tsp black pepper	1 green bell pepper, chopped

DIRECTIONS

1. Saute the onion, garlic and celery for about 4 to 6 minutes over medium heat.
2. Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, cumin, hot sauce, and rice.
3. Bring to a boil.
4. Add the rice, decrease heat, cover and simmer for 45 minutes.
5. Remove from heat. Add the green pepper, stir well, cover and let sit for 10 minutes. Stir before serving.