

One-Pot Red Beans, Rice and Sausage

1 lb. smoked sausage, sliced (can be turkey sausage)
1 large onion (1 ½ – 2 cups)
2 stalks celery (1 cup)
2 large bell pepper (1 ½ cups)
3 cloves garlic
4 cups chicken broth (or water)
3 cans red beans (or kidney beans), drained and rinsed
1 bay leaf
2 teaspoons thyme
1 teaspoon black pepper
1 Tablespoon paprika
1 Tablespoon salt
2 cups rice

1. Cook the sausage in a little oil over medium/ high heat in a large stock pot or dutch oven about 5 minutes until starting to brown. Add the onion, celery, and bell pepper and cook another 5-7 minutes until onion is translucent. Add the garlic and cook for 1 minute.
2. Add the broth (or water), beans, all the spices, and rice. Cover and cook for approximately 30-45 minutes, checking to see if the rice is done. Also check for seasoning.
3. When slightly cooled transfer contents of pot to a 9x13 disposable aluminum pan, cover, and refrigerate.
4. Prepare no earlier than Friday before your designated Sunday, unless you plan to freeze the casserole.
5. Label "For Daily Bread Project" and put in church kitchen freezer (if frozen) or refrigerator.

THANKS FOR HELPING TO FEED OUR NEIGHBORS IN NEED!