

Cajun Red Beans and Chickpea Rice



Makes: ~ 4 – 5 servings

INGREDIENTS

Hot Italian Sausage

3 – 300 gm / 10.5 oz. hot Italian sausage (see Notes)

Chickpea Rice

227 gm / 8 oz. rice (see Notes)

1 tbsp. chopped cilantro

Remaining Ingredients

½ tbsp. olive oil

75 gm / 2.6 oz. onion (finely diced)

2 – 3 garlic cloves (minced)

220 gm / 7.8 oz. bell pepper (deseeded and diced)

2 celery ribs (diced)

2 tsp. Cajun seasoning

¼ tsp. smoked paprika

¼ tsp. ground coriander

¼ tsp. cayenne pepper

3½ cups low sodium vegetable broth

2 tbsp. tomato paste

1 bay leaf

2 – 15 oz. cans small red beans (drained & rinsed)

½ tsp. sugar or to taste

1 tsp. salt or to taste

black pepper to taste



Hot Italian Sausages

1. In a large skillet on medium heat, pan fry the sliced sausages.
2. Pan fry until lightly brown on both sides.
3. Remove from heat and set aside.

Chickpea Pasta

1. Cook pasta according to the instructions on the package.
2. Drain and rinse.
3. Fluff rice with chopped cilantro. Set aside.

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Remaining Steps

1. In a medium sized pot on medium heat, add the oil. Once the oil heats up, add the onion. Sauté the onion until ¾th translucent.
2. Then add the garlic. Sauté both ingredients until fragrant.
3. Add the bell pepper, celery, seasoning and spices. Stir to combine and sauté until the spices are fragrant.
4. Add the vegetable broth, tomato paste and bay leaf. Stir until well combined and bring to a boil.
5. Once the stew boils, add the beans and pan fried sausages. Stir and bring to a boil again. Reduce the heat to low.
6. Season the stew with sugar, salt and pepper to taste. Simmer on low for ~5 mins.
7. Finally, turn off the heat.

To serve

1. Serve the stew in individual serving bowls.
2. Add some chickpea rice to each serving.
3. Serve immediately and enjoy with cornbread.

NOTES

- I used Banza chickpea rice, Beyond Meat sausages and Goya small red beans.