



## RED BEANS & RICE

### INGREDIENTS

- 4 teaspoons **oil**
- 2 **bell peppers**, chopped
- 1 large **onion**, chopped
- 1 stalk **celery**, chopped
- 2 cloves **garlic**, minced
- ½ teaspoon Cajun or creole **seasoning blend**
- ½ teaspoon **dried thyme**
- 2 cups cooked or canned **red beans**\*
- 2 tablespoons **apple cider vinegar**
- 1 tablespoon **hot sauce**, *optional*
- ⅓ pound **smoked sausage**, sliced, *optional*
- 2 cups cooked **rice**
- 2 **green onions**, sliced

*\*Drain and rinse if using canned goods*

### DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add peppers, onion and celery, and cook for 10 minutes, stirring frequently.
2. Add garlic, seasoning blend, and thyme and cook for 1-2 minutes.
3. Stir in beans and vinegar. Add in hot sauce and smoked sausage, if using. Cook for 5 more minutes.
4. Serve beans over a scoop of rice and sprinkle with green onions.

## WHITE BEAN DIP

### INGREDIENTS

- 1 clove **garlic**
- ¼ cup **lemon juice**
- 1 teaspoon **salt**
- 2 cups cooked or canned **white beans** (Great Northern, navy beans)\*
- **Tortilla chips, pita chips**, and/or cut **vegetables** for serving

*\*Drain and rinse if using canned goods*

### DIRECTIONS

1. Add garlic, lemon juice, salt, and white beans to a blender or food processor and blend until smooth. Feel free to use a fork or potato masher for a chunkier texture.
2. Transfer to serving dish and serve with your favorite dippers like tortilla chips, pita chips, or raw vegetables, like carrots, celery, broccoli, or cauliflower.