



GLUTEN FREE RED BEANS & RICE

From Simply Full of Delight

INGREDIENTS

- 2 Tablespoons of olive oil
- 13 oz Gluten Free Kielbasa sausage, sliced into 1/2 inch circles - Hillshire Farms is great
- 1 cup chopped green bell pepper
- One small onion, chopped
- 3 Large fresh garlic cloves, minced
- 2 and 2/3 cups of water
- 2 chicken bullion cubes
- 15 oz can of Red Beans
- 1 and 1/2 cups long grain white rice (we use Uncle Ben's)
- Gluten Free Weber New Orleans Cajun Seasoning (I use a teaspoon - you may like more!)

NOTES

For the chicken bullion we like to use GF Herb-Ox but you could also use chicken stock or broth and omit the water and bullion

PROCEDURE

First, in a large skillet, heat oil (1 Tbsp) on medium heat.

Add the green pepper and onion and cook until tender. Add the garlic and saute for 1 minute. Remove from pan. At the same time, heat a second skillet to medium-high heat with a tbsp of olive oil and add your kielbasa. Cook the kielbasa until lightly browned on each side. Remove from heat and set aside.

Next using your first skillet, add bullion with water and stir to mix. Add the red beans and rice and bring to a boil/simmer. Sprinkle with 1 teaspoon of Cajun seasoning.

Turn down the heat and place a lid on top. Cook for about 10 minutes on low heat or until the rice is tender. Add a tiny bit of extra water if needed.

When the rice is ready, combine the kielbasa, red beans and rice, & veggies and serve!