

# Cajun Corn, Rice, and Red Beans

## **Ingredients**

1 large green pepper  
1 large red pepper  
1 medium onion  
2 garlic cloves  
1 can (15 ½ ounces) red beans, such as kidney beans  
1 tablespoon olive oil  
1 teaspoon Cajun seasoning or chili powder  
2 cups instant white rice  
1 can (14 ½ ounces) vegetable broth  
1 package (16 ounces) frozen corn kernels  
Salt and pepper for taste  
2 to 6 drops hot pepper sauce, for taste (optional)

## **Directions**

Chop both peppers to measure 1 cup each.

Chop the onion to measure 1 cup. Slice the garlic. Rinse and drain the beans.

In a large deep heavy skillet, heat the olive oil over high heat until hot. Add the peppers, onion, garlic, and Cajun seasoning. Stir to coat with the oil and cook for 3 minutes, until softened slightly.

Add the rice and stir to coat. Add the broth and bring to a boil, covered. Stir in the corn and beans and cover the pan. Remove the pan from the heat and let stand for 5 minutes.

Season with salt and pepper and hot pepper sauce, if desired.

## **Nutrition Facts (per serving)**

Calories: 350  
Fat: 6 g  
Cholesterol: 0 mg  
Sodium: 420 mg

Courtesy of [allfood.com](http://allfood.com) and [applesforhealth.com](http://applesforhealth.com)