



Brown Rice and Beans

PREP TIME: **60 MINUTES**

TOTAL TIME: **70 MINUTES**

SERVINGS: **3 SERVINGS**

This Food Network recipe is delicious, and truly better than the far less healthy white rice version. Plan on at least 45-50 minutes for cooking the brown rice, but it can be done in advance. It will be warmed up when added to the hot bean and sausage mixture. For a more cajun version, substitute andouille sausage. As given, the recipe serves 8; our version (using less rice) serves 3-4, and the flavor and texture proportions were perfect. (Photo is my own.)

Ingredients

- 1** Tablespoon cooking oil
 - 2** cups brown rice, cooked (we used 2 cups cooked brown rice)
 - 2** cups kolbasi, kielbasa, or other smoked sausage (we used one kielbasa)
 - 1** can black beans
 - 1** can kidney beans
 - salt and pepper, to taste
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Directions

Prepare the brown rice according to its package directions. Heat 1 Tablespoon of cooking oil in a saucepan over medium heat.

Cut the sausage into 2-inch cubes. (We chose to slice it thinly, and cut each slice in half.) Add it to the saucepan, and cook until well-browned.

Add the beans and all their juices, and bring to a boil. Reduce the heat, and let it simmer for 5 minutes. The beans won't need salt, since the sausage is salty, but you might want to season to taste with freshly ground pepper.

To serve, spoon the hot rice into a serving bowl and pour the sausage-bean mixture over the rice. (We mixed the rice into the sausage-bean mixture, in the saucepan.)

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