**Red Beans and Rice**

(6-8 servings)

Ingredients

* 1 cup rice
* 1 tbsp vegetable oil
* 1 (12.8oz) andouille sausage thinly sliced
* 1 sweet onion
* 1 green bell pepper diced
* 2 celery ribs diced
* 2 tbsp tomato paste
* 3 cloves garlic minced
* 1 ½ tsp cajun seasoning salt-free
* 3 (15oz) cans red beans, drained and rinsed
* 3 cups chicken stock
* 1 tsp hot sauce
* 1 bay leaf
* Kosher salt and freshly ground pepper
* 2 tbsp chopped parsley

Directions

* Cook rice.
* Heat vegetable oil in large pot, in batches cook sausage until lightly browned, 3-4 minutes, and then set aside.
* Add onion, bell pepper and celery. Cook until tender, 3-4 minutes.
* Stir in tomato paste, garlic and cajun seasoning until fragrant, about a minute.
* Stir in red beans, chicken stock, hot sauce, bay leaf and sausage. Season with salt and pepper and bring to a boil. Cover, reduce heat and simmer for 15 minutes. Uncover and simmer an additional 15 minutes.
* Season with salt and pepper to taste and serve.