

DINNERLY



Louisiana-Style Red Beans & Rice with Chicken Sausage, Peppers & Onions



20-30min



2 Servings

This Creole classic is THE definition of comfort in a bowl. In our version, we're cooking chicken sausage, onions, peppers, and kidney beans with our ultra flavorful Cajun seasoning and Buffalo sauce for a little kick. Let them simmer together until their flavors meld and intensify, then serve with fluffy rice to soak it all up. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 yellow onion
- 1 green bell pepper
- ½ lb uncased Italian chicken sausage
- ¼ oz Cajun seasoning
- 15 oz can kidney beans
- 1 oz Buffalo sauce

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil

TOOLS

- small saucepan
- large skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 880kcal, Fat 25g, Carbs 115g, Protein 48g



1. Prep ingredients

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

Finely chop **2 teaspoons garlic**. Finely chop **onion**. Halve **pepper**, discard stem and seeds, then finely chop.



4. Finish & serve

Fluff **rice** with a fork.

Serve **red beans** over **rice** and drizzle with **remaining Buffalo sauce**, as desired. Enjoy!



2. Cook sausage & veggies

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **sausage** and cook, breaking up into large pieces, until browned but not cooked through, 3–4 minutes. Add **onions**, **peppers**, **1 tablespoon oil**, and **a pinch of salt**; cook, stirring, until softened, about 5 minutes. Add **Cajun seasoning** and **chopped garlic**; cook, stirring, until fragrant, about 1 minute.



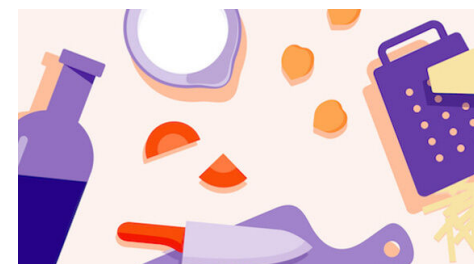
5. ...

What were you expecting, more steps?



3. Add beans & simmer

Stir in **beans and their liquid**, **½ cup water**, and **half of the Buffalo sauce**; bring to a simmer. Reduce heat to medium-low and simmer, stirring often to prevent sticking, until thickened and sausage is cooked through, about 10 minutes. Season to taste with **salt** and **pepper**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!