



# ***Red Beans and Rice Soup***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

2 tablespoons olive oil  
1 medium onion, diced  
1 small yellow bell pepper, diced  
2 stalks celery, diced  
2 cloves garlic, minced  
1 tablespoon Cajun seasoning (recipe\* below)  
6 cups vegetable broth  
3 cans red kidney beans, rinsed and drained  
2 cups cooked brown rice  
3 green onions, sliced

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## ***Directions***

In a large pot heat oil over medium heat oil and sauté onion, bell pepper, and celery and until softened, about 5 minutes. Add garlic and Cajun seasoning\* and cook until fragrant, about 1 minute. Add broth and beans and bring to a boil. Reduce heat and simmer uncovered for 10 minutes. Add rice and green onions and cook to heat contents thoroughly. Remove from heat and season as needed. Enjoy!

### ***\*Cajun Seasoning***

2-1/2 tablespoons salt  
1 tablespoon dried oregano  
1 tablespoon smoked paprika  
1 tablespoon black pepper  
2 teaspoons cayenne pepper

Combine salt, oregano, paprika, black pepper, cayenne pepper in small sealed bag. Shake to mix. Store unused portion in the sealed bag.