

# Cajun Red Beans and Rice

BY **BOSTON PUBLIC SCHOOLS**

This easy rice dish works great next to tacos or quesadillas.

- ¾ cup vegetable oil
- 2 tablespoons peeled and minced garlic
- 3 large Spanish onions, diced (about 1 pound)
- 5 large green peppers, diced or buffalo chopped (about 2 pounds)
- ¾ head celery, diced (1 pound)
- 2 tablespoons dried oregano
- 5 teaspoons salt
- 1 tablespoon black pepper
- 8½ cups dry rice (3¼ pounds dry rice or 26 cups cooked)
- 1 #10 can diced tomatoes, drained (reserve liquid and if necessary, add water to make 12 cups)
- 1 #10 can kidney beans, drained and rinsed (9¾ cups)
- 4 quarts water

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

Heat oil in a roasting pan. Sauté onions, garlic, green pepper, and celery until softened.

Add the oregano, salt, pepper, tomatoes, and rice. Mix well.

Add water and beans, and bring to a boil, stirring occasionally.

Cover tightly and bake in a 350°F oven for 30 to 45 minutes or until rice is tender.

## **NUTRITIONAL INFORMATION**

CALORIES: 109; SODIUM: 190.95 MG; SATURATED FAT: 2.75%

## **USDA REQUIREMENTS MET**

⅝ OUNCE M/MA

½ OUNCE EQUIVALENT GRAIN

⅛ CUP RED OR ORANGE VEGETABLE