



Stella's Red Beans and Chili Rice

This dish is full of protein, fiber, and flavor. You can also leave out the rice and make it as a vegetarian chili. In fact, either version is vegan, unless you do like me and top it with cheese.

Ingredients:

2 tablespoons olive oil
½ medium onion, chopped
1 clove garlic, finely chopped
1 small green bell pepper, chopped (optional)
1 can of tomato sauce, no salt added
2 cups water (approximately)
1 cup dry red beans, soaked overnight (or one can of red beans rinsed and drained)
½ cup textured vegetable protein (I use Bob's Red Mill TVP)
¼ teaspoon black pepper
3 or 4 Tablespoons Chili Powder
Salt to taste (optional)
½ cup of long grain rice
Sharp cheddar cheese/crumbed Fritos or tortilla chips for garnishing (optional)

Preparation:

Heat oil in a large saucepan over medium heat and sauté the onions, garlic, and bell pepper until the onions are transparent. Add tomato sauce, 1 cup water, red beans, textured vegetable protein, black pepper, and chili powder.

Bring the mixture to a simmer and let it cook for 40 or 50 minutes until the beans are cooked and tender. If using canned or precooked beans, simmer just for 15 to 20 minutes to develop the flavors. If the mixture seems too thick, you can add some more water. Taste and add salt or additional chili powder if needed.

Next, check to mixture and add about 1 more cup of water. You want the mixture to be a bit soupy since the rice will soak up a lot of the liquid. Bring back to simmer and then stir in the rice. Simmer covered for 10 minutes. Remove from heat and allow to rest for an additional 10 minutes covered. The rice will finish cooking from the residual heat.

Serve immediately, garnishing with cheese, chips, or whatever you like. I hope you enjoy!