

## RED BEANS – NO RICE

**Time: 30 minutes**

**Serves: 6**

### **Ingredients:**

300g fresh or smoked andouille sausage - sliced  
1 onion - diced  
1 green bell pepper - diced  
2 stalks celery - diced  
4 cloves garlic - chopped  
5g kosher salt  
4g chilli powder  
1 pinch cayenne pepper  
1g paprika  
0.5g white pepper  
0.5g black pepper  
2 - 540ml cans red kidney beans - rinsed and drained  
400ml chicken stock  
5g parsley - chopped

### **Preparation:**

Place a pot on medium heat.

Add the sausage and cook, stirring occasionally until browned.

Stir in the onion, pepper, celery, garlic, salt, chilli, cayenne, paprika, black pepper and white pepper. Cook, stirring occasionally for ten minutes.

Turn heat to medium-high. Add the beans and stock. Crush the mixture with a potato masher until it thickens somewhat. Cook, stirring occasionally for five minutes.

Remove from heat. Stir in parsley just before serving.

### **Nutritional Information Per Serving:**

Calories: 275  
Fat: 10g  
Carbs: 30g  
Fibre: 9g

Protein: 16g