

Cajun Red Beans and Rice

Contributed by
Sunday, 04 May 2008

2 cups dried red kidney beans, soaked overnight

2 bay leaves

1½ cups onion, chopped

½ tsp. thyme

3 garlic cloves, minced

¾ cup fresh parsley, minced

1 cup green bell pepper, diced

1 tsp. salt

2 Tbsp. red miso

4 cups cooked brown rice

Chopped scallions (to garnish)

Rinse beans and drain well. Cook (with bay leaves) in 5 cups of water for 50 minutes or until tender. Add onion, thyme, garlic, parsley, green pepper, and salt to pot. Simmer over medium low heat for 15 to 20 minutes. Add miso and simmer for another 5 minutes. Remove bay leaves.

Serve over hot rice, garnished with scallions.