



## Recipes

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### Red Beans and Rice

Serves 1

#### Ingredients:

- 1 Tbsp. Olive Oil
- 8 oz. Yellow Onions , minced
- 1 Tbsp. Cajun Spice Seasoning
- 1 tsp. Garlic , minced
- 2 tsp. Chicken Base
- 2 2/3 cups Water
- 1 cup Long Grain Wild Rice
- 2/3 cup Red Beans , rinsed and drained

#### Directions:

1. Heat oil in saucepan over medium high heat.
2. Add onions and cook until lightly caramelized.
3. Add Cajun Spice seasoning and garlic. Stir to coat onions.
4. Add chicken base and water. Bring to a boil.
5. Add red beans and rice. Bring to a simmer. Cover and reduce heat to low.
6. Continue cooking 20 minutes until rice is cooked and liquid is absorbed.