

# SLOW COOKER RED BEANS AND RICE

Prep Time: 15 mins    Cook Time: 2 1/2 hrs  
Serving Size: 1 1/4 cups    Yield: 6 servings

## INGREDIENTS

- 2 cups uncooked brown rice
- 2 cans (15 oz.) dark red kidney beans
- 3 cloves garlic
- 2 tsp Cajun seasoning
- 3 stalks celery
- 2 small onions
- 2 green peppers
- 4 cups water

\*You can also  
add 2 tsp of  
garlic powder for  
extra flavor!

## DIRECTIONS

1. Wash produce items under cold running water.
2. Open, drain, and rinse canned beans.
3. Using a chef's knife, mince garlic. Chop celery, onion, and peppers.
4. Place all ingredients in a slow cooker and stir together.
5. Cook on high for 2 1/2 hours (or on low for 5 hours).

