SLOW COOKER RED BEANS AND RICE

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

*DYou 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.
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).

Recipe adapted from snap4ct.org