

Red Beans and Rice with Andouille Sausage

Adapted from Tastes of the South

2 tablespoons grapeseed or olive oil
1/2 pound Andouille sausage, sliced
1/3 cup chopped onion
1/3 cup chopped celery
1/3 cup chopped red bell pepper
1 teaspoon minced garlic
1 (15-ounce) can light red beans, drained and rinsed
1 (15-ounce) cans diced tomatoes, undrained
1/2 tablespoon chopped fresh thyme
1 teaspoon smoked paprika
1 teaspoon Cajun seasoning
Dash of cayenne pepper
1/2 cup long grain rice
1 1/2 cups chicken broth, homemade or low sodium
1/2 cup panko (Japanese bread crumbs)
1 tablespoon unsalted butter, melted

Preheat oven to 350 degrees. In a large cast-iron skillet, heat the oil over medium-high heat. Add the sausage, chopped vegetables and garlic, and cook about 10-15 minutes until vegetables are tender and sausage is browned. Add the beans, tomato, thyme, paprika, cayenne pepper, and Cajun seasoning. Cook 5 more minutes and remove from heat. Stir in rice and broth.

In a small bowl, stir together bread crumbs and melted butter; set aside.

Add the skillet to the oven and bake for 20 minutes. Carefully slide skillet out and sprinkle with the bread crumb mixture. Continue to bake until golden brown, 10 to 15 minutes more. Serve with a side of cornbread.