

## Red Beans and Brown Rice

1 cup brown rice  
1 can (#303) red beans or kidney beans  
4 slices bacon, cut into 1" pieces  
1/2 small onion, coarsely chopped  
1 T flour  
1T chopped parsley  
1/2 tsp. salt  
1/4 tsp. chili powder  
1/4 tsp. minced garlic  
1/8 tsp. pepper  
dash of Tabasco sauce  
Chopped cilantro

Cook rice according to package directions.

While rice is cooking, fry bacon in another pan. Add onions and saute until tender.

Remove bacon and onions from pan and blend flour into bacon drippings.

Cook over low heat, stirring constantly, until flour is lightly browned. Add juice from beans and enough water to make 1 cup liquid.

Cook until slightly thickened. Add beans, bacon, onion, and other seasonings. Simmer for 10 minutes to blend flavors.

Serve over cooked rice with a sprinkling of chopped cilantro.

Makes 6 to 8 servings.

Notes: I have added green and red, and hot peppers to this dish. For bell peppers, about the same amount as for the onions. For hot peppers, to taste.

I usually up the seasonings a bit, and I always add more than a dash of hot sauce! Any good hot sauce works just fine.

If you are concerned about a roux made with bacon fat, you can drain some of the bacon fat, leaving the bits, and substitute a good vegetable oil, canola, peanut, safflower, to lessen the cholesterol impact.

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