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# Cajun-Style Beans and Rice

*Publix.com*

Servings: 4

Start to Finish Time: 20 minutes

**1 tablespoon garlic-herb butter**

**1/2 cup red onions, diced**

**1 teaspoon Creole (or Cajun) seasoning**

**1 can (16 ounce) light red kidney beans**

**1 package (8.6 ounce) cooked white rice**

Preheat a large saucepan on medium-high for 2 to 3 minutes. Add the butter. Add the onions and seasoning. Cook and stir for 4 to 5 minutes until the onions are browned.

Add the beans and rice. Cover and reduce the heat to low. Simmer for 8 to 10 minutes until hot.

Serve.

## Side Dishes

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*Per Serving (excluding unknown items): 68 Calories; trace Fat (2.2% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable.*