



ORO DI PARMA RED BEANS & RICE

- 2 TABLESPOONS OLIVE OIL
- SMALL DICED ONION
- 1 CUP MIXED DICED PEPPERS (RED & GREEN BELL)
- 1 TEASPOON MINCED GARLIC
- 1 CAN DRAINED DARK RED KIDNEY BEANS
- 1 CAN DRAINED BLACK EYED PEAS
- 4 OZ ORO DI PARMA 3X CONCENTRATED TOMATO PASTE
- 1 CUP VEGETABLE BROTH
- 15 DROPS MELINDAS HOT SAUCE
- 1 TEASPOON (OR MORE TO TASTE) MRS. DASH TABLE BLEND
- 3 CUPS PREPARED BROWN RICE

SAUTÉ ONIONS, PEPPERS & GARLIC IN OLIVE OIL UNTIL TENDER.
ADD DRAINED BEANS, TOMATO PASTE AND BROTH, MIX WELL AND HEAT TO
A SIMMER. STIR IN HOT SAUCE AND DASH. SIMMER 15-20 MIN. SERVE
OVER PREPARED BROWN RICE. ENJOY!



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