Mom’s Creole Style Rice

Grocery List

* 1 C Long Grain White Rice
* 2 C Low Sodium Vegetable Stock
* ½ C Kidney Beans
* ½ C Corn
* 2 Stalks celery, diced
* ½ Yellow Onion, diced
* 3 cloves Garlic, minced
* 7-10 Grape tomatoes, halved
* Salt, Pepper
* Fresh Parsley, chopped
* 1 Tbsp Chili Powder
* Paprika
* Olive Oil
* 1 Tbsp Unsalted Butter
* Shredded Marble / Sharp Cheddar

Prep Time: 15 Min

Cook Time: 35 Min



1. In a large frying pan, heat the oil (about 2 tbsp) and butter on medium heat. Add the onions and celery and fry for 5-7 minutes stirring occasionally.
2. Add the garlic and tomatoes and stir. Cook for 3 minutes and add the rice. Fry the rice stirring often (careful it doesn’t brown) for about 5 minutes.
3. Add the beans, corn, parsley, chili powder, and stock. Give a few dashes of smoked paprika and, about a tablespoon of seat salt and a few cracks of black pepper. Bring to a boil on medium high heat.
4. Reduce heat to medium low and cover. Cook for approximately 20 to 25 min (taste the rice and veg to ensure it is thoroughly cooked)
5. Remove from heat and allow to cool for 5 minutes.
6. Garnish with shredded marble or shredded sharp cheddar cheese.