

Andouille, Chicken, Red Bean and Rice Pilaf

The Washington Post, February 1, 2012

- **Course:** Main Course
- **Features:** Healthy

Summary:

From my first arroz con pollo, I've been hooked on the idea of rice pilaf studded with meat and vegetables. It's one of my favorite go-to meals for busy nights. The elements can vary, but I always use the same basic formula: rice + onions + broth + something spicy + legumes/vegetables.

I love the way I can use a small amount of meat and stretch it, work in moderate amounts of high flavor ingredients like spicy sausage, slip in vegetables or beans, and turn it all into a pilaf with the rice of my choice. Here, I take the classic combination of rice and beans and add to it, making a dish that evokes the spirit of a jambalaya but in a much simpler form.

Makes a generous 11 cups (7 to 8 servings)

Ingredients:

- 1 tablespoon olive oil
- 1 small (4 ounces) onion, finely chopped (3/4 cup)
- 2 links smoked andouille sausage (8 ounces), cut lengthwise into quarters then crosswise into 1/4-inch-thick wedges (1 cup)
- 1 1/2 cups uncooked basmati rice, soaked in cold water for 20 minutes then drained
- 1 pound cooked boneless, skinless chicken breast, cut or shredded into bite-size pieces (2 1/2 cups)
- 1 1/2 cups cooked, no-salt-added red beans
- Salt
- Freshly ground black pepper
- 3 1/2 cups homemade or no-salt-added chicken broth
- 1/2 cup water (optional)
- 3 tablespoons finely chopped parsley

Directions:

Preheat the oven to 350 degrees.

Heat the oil in a large oven-proof saute pan, skillet or shallow braising pan over medium-high heat. Add the onion and stir to coat, then reduce the heat to medium and cook, stirring, for 3 to 4 minutes until the onion is soft. Add the andouille; increase the heat to medium-high and cook, tossing the mixture occasionally, for 3 to 4 minutes, until the sausage just starts to brown. Add the rice, chicken and beans, then season with salt and pepper to taste, stirring to incorporate. Pour in the broth. Bring to a boil, then cover the pan with a lid or aluminum foil and transfer it to the oven.

Bake for 30 minutes. Test the rice for doneness; if the rice is still firm and there is no liquid left, add the water, re-cover the pan or skillet and return to the oven to cook until the rice is tender.

Uncover; stir in the parsley. Serve hot.

Recipe Source:

From Nourish columnist Stephanie Witt Sedgwick.

350 calories, 9g fat, 3g saturated fat, 75mg cholesterol, 330mg sodium, 38g carbohydrates, 3g dietary fiber, 0g sugar, 28g protein.

Tested by Stephanie Witt Sedgwick for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

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