

## Kidney Bean Casserole

Immediately put rice on to cook. Add 1 cup rice to 2 cups boiling chicken broth. Return to boil. Reduce heat, cover and simmer about 20 minutes.

Participants can begin by chopping the following vegetables;

¾ cup onion

1/3 cup green bell pepper

1/3 cup celery

2 large cloves of garlic

Use chunk cheese and a grater to get ½ cup cheddar

Coat a skillet with cooking spray. Add onion, green pepper, celery, and garlic. Saute until tender.

Add 2 cans kidney beans

1 cup chopped tomatoes

¼ cup water

½ t. chili powder

¼ t. pepper

3 dashes tabasco. Cook 8 to 10 minutes.

Spoon hot rice into 2 qt. casserole. Spoon bean mixture over rice. Sprinkle with grated cheese. Cover and let stand 5 minutes before serving.