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## **Spicy Beans and Rice**

Prep time: 15 min. Cook time: 60 min.

Servings: 4

Serving Size: 1-1/2 cups

### **Ingredients**

1 tbsp olive oil  
2 large garlic cloves, minced  
1 large red onion, chopped  
1 stalk celery, chopped  
1 cup sliced mushrooms  
15 oz. canned red kidney beans, rinsed and drained  
1 tbsp hot sauce  
1 tsp paprika  
2-1/2 cups low-sodium vegetable broth  
1 tsp vegetable bouillon  
1 cup wild rice  
1 tbsp grass-fed butter  
1 tbsp minced green onion  
Salt and pepper to taste  
Optional: Any other vegetable you prefer

### **Directions**

1. Dice the celery, red onion, and mushrooms.
2. Heat the butter in a skillet over medium heat. Add all of the vegetables and stir-fry for 3-4 minutes or until vegetables are tender. Set aside.
3. Bring broth to a boil in a large pot. Stir in wild rice, hot sauce, paprika, and bouillon and cook 45-60 minutes or until rice is tender.
4. Add olive oil and garlic to a skillet and quickly sauté. Remember that garlic burns quickly, so it is important to keep a close eye on it. Add in the cooked rice, beans, and cooked vegetables.
5. Stir-fry for 3-5 minutes to crisp up the rice and serve. Garnish with chopped green onion.