
16 BEAN MEDLEY WITH PLANT-BASED SAUSAGE AND PURPLE RICE

This recipe is special to me because it marks the first time I faced my fears and cooked dried beans lol. I used my mom's Power Quick Pot to shorten the cook time and I was pleasantly surprised at how well everything came together. Purple rice is my new favorite thing, since it more flavorful and healthier than white rice, and adds a nice texture to the dish. I actually had to cook the beans twice because they were not done at the end of the preset time the first time. I used some homemade veggie stock that I flavored with a vegan chicken-flavored seasoning that really bumped up the flavor! If you are making this on the stove instead be sure to cook the beans according to the package instructions beforehand and then add to the other ingredients.



INGREDIENTS

- ½ of 16 oz bag of bean soup mix, sorted and rinsed.
- 1 package of plant-based chicken-style Italian sausage, casing removed and chopped into cubes.
- 1 cup of purple rice, cooked according to package directions.
- 1 yellow onion, chopped.
- 6-8 cloves of garlic, minced.
- 4-5 cups of vegan chicken stock.
- 1 tsp cumin.
- 1 tsp ground white pepper.
- ½ tsp smoked paprika.
- 1 tsp garlic powder.
- 1 tsp onion powder.
- 2-3 tablespoons extra virgin olive oil.
- Chopped cilantro for garnish



DIRECTIONS:

1. Add olive oil to Quick-Pot and saute onion and sausage until they are browned, 5-6 minutes. Add garlic and saute for 30-60 seconds, until you can just start to smell the garlic. Remove from pot.

2. Place beans in Quick-Pot and add stock. Add cumin, white pepper, smoked paprika, garlic and onion powder and stir. Cover with lid and cook using BEANS setting of pressure cooking function. When beans are done check for doneness. They should be plump and just give when pressed with a fork. If they are not then cook one more time.

3. While beans are cooking, cook purple rice according to package instructions.

4. Once beans are cooked, remove lid and add onion, sausage and garlic mixture and stir until combined.

5. Serve warm over cooked purple rice. 6. Top with cilantro if desired.

*If you do not have a multi-pot, use a non-stick skillet to saute the onion, sausage, garlic over medium heat as above. Dr. Monique May assigned to you. Yeste