



## **Fat Tuesday's Skinny Red Beans** (Serves 4-6)

### **Ingredients:**

2 cups chopped onions  
1 tablespoon minced garlic  
2 teaspoons olive oil  
1 cup chopped carrots  
1 cup chopped celery  
1 cup chopped bell peppers (use a variety of colors)  
1 teaspoon dried oregano  
¼ teaspoon dried thyme  
1 teaspoon dried basil  
1 teaspoon dried marjoram  
Pinch of cayenne, or more to taste  
3 cups chopped fresh or canned tomatoes (28-ounce can)  
1 ½ cups cooked or canned kidney beans (15-ounce can, drained)  
1 tablespoon Dijon mustard  
1 cup fresh or frozen okra (optional)  
Salt and ground black pepper to taste  
Chopped fresh parsley or mince scallions

### **Instructions:**

Combine the onions, garlic, and olive oil in a soup pot. Cover and sauté on medium heat for about 8 minutes, stirring occasionally, until the onions are softened. Add the carrots, celery, bell peppers, oregano, thyme, basil, marjoram, and cayenne. Cover and cook for another 5 to 10 minutes, stirring to prevent sticking. When the vegetables are just tender, stir in the tomatoes, kidney beans, mustard, and okra, if desired. Simmer gently for 5 to 10 minutes. Add salt and pepper to taste and serve topped with parley or scallions.

Menu Suggestions: Serve these beans over brown rice or in bowls as a stew with corn bread and a side of sautéed kale and mushrooms.

Recipe Source: Moosewood Restaurant-Low Fat Favorites

Denise Ford  
Certified Nutrition Consultant and Fitness Coach  
Am I Hungry?® Licensed Facilitator

650.743.6853  
[denise@thenutritiousway.com](mailto:denise@thenutritiousway.com)  
[www.thenutritiousway.com](http://www.thenutritiousway.com)