

Red Beans and Rice serves 6 - 8

Ingredients	Amount
Oil, vegetable	2 tablespoons
Carrots, small dice	1 large
Onion, yellow, small dice	1/2 - 3/4 cup
Green pepper, small dice	1/2 cup
Tomatoes, diced	1 - 15 ounce can
Beans, red, drained & rinsed	1 - 15 ounce can
Water	1 1/2 cups
Italian seasonings	1 teaspoon
Cajun spices	1 teaspoon
Rice, white	1 cup

Method:

- Put oil in a sauce pan, saute carrots, onion, and green pepper until soft.
- Add tomatoes, beans, water, Italian seasoning, Cajun spices and bring to a boil.
- Stir well, add rice, bring back to a boil and stir
- Cover and simmer for 15 - 20 minutes, or until rice is done. Fluff before serving

Slaw

Ingredients	Amount
Slaw mix	1 bag
Aunt Vicky's dressing	1/2 cup
Celery seed	1 teaspoon
Salt and Pepper	To taste

Method:

- Mix all ingredients together in a bowl
- Cover and refrigerate for at least an hour