

## Red Beans and Rice

### Ingredients

¾ cup canned red beans, drained  
1/3 cup long grain rice  
2/3 cup chicken stock  
¼ cup white onion, fine dice  
¼ cup celery, fine dice  
1 tbsp Cajun seasoning  
2 tbsp green onion, chopped for garnish

### Method

Place all ingredients except green onion in the convectionware and stir to combine.

Secure the convectionware lid and place in a 450 degree oven for 20 minutes.

Remove from oven and garnish with chopped green onion.