

Creole Veggie Rougail

Rougail de Légumes Créole

35 min

Medium

340 kcal per serving

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Tomatoes <i>(Tomates)</i>	400 g
Kidney beans <i>(Haricots rouges)</i>	200 g
Onion <i>(Oignon)</i>	1 whole
Garlic <i>(Ail)</i>	3 cloves
Thyme <i>(Thym)</i>	2 sprigs
Basmati rice <i>(Riz basmati)</i>	100 g

Nutrition facts

PER SERVING

Calories	340
Protein	12 g
Carbohydrates	48 g
Fat	10 g
Fiber	9 g

Preparation

- 1 Rinse the basmati rice under cold water until the water runs clearer, then set it aside to drain.
- 2 Peel and finely chop the onion and garlic, and chop the tomatoes into small pieces.
- 3 Heat a little water in a saucepan, then cook the onion for 3 to 4 minutes until softened. Add the garlic and thyme and cook for 1 minute more.
- 4 Add the tomatoes, a pinch of salt and pepper, and simmer for 10 to 12 minutes, stirring now and then, until the tomatoes break down into a saucy mixture.
- 5 Stir in the kidney beans and a splash of water if needed, then cook for 5 to 7 minutes until hot and well combined. Remove the thyme sprigs before serving.
- 6 Meanwhile, cook the rice in a saucepan of salted water according to the package time, then drain if needed.

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Serve the Creole veggie rougail over the rice, with a final pinch of pepper if desired.

GOOD TO KNOW

If the tomato mixture gets too thick, add a small splash of water to keep it saucy.