Cajun Red Beans & Quinoa

Ingredients:
1 pound dried red beans
8 cups hot water
1 pound smoked turkey sausage, cut into chunks
1 cup of finely chopped onions
1 cup uncooked quinoa
1/2 cup finely chopped green bell pepper
1/2 cup finely chopped celery
3 cloves of minced garlic
Salt to taste

* Cayenne pepper for added spice (*Optional)

Directions:
1. Put red beans in a large pot with enough water to cover by 2 inches. Soak 1 hour.
2. Cook quinoa according to package directions.
3. Drain and rinse beans. Pour hot water into the pot. Add beans, sausage, onions, bell pepper, celery, garlic, and salt to the pot; stir. Place pot over medium heat, put a cover on the pot, and cook, stirring frequently, for 30 minutes.
4. Reduce heat to medium-low and continue cooking at a simmer until the beans are tender, about 30 minutes more.
5. Serve beans over a bed of quinoa.