Hearty Stew with Light Red Kidney Beans

INGREDIENTS
1 cup dried C&F Foods Light Red Kidney Beans
2 tablespoons olive oil
2 carrots, sliced
1/2 white onion, chopped
3 cloves garlic, minced
1 tablespoon cumin
1 teaspoon ground dry mustard
Cayenne pepper to taste
Salt and freshly ground pepper to taste
1/2 cup chicken broth
1 (15.25-ounce) can whole kernel corn with liquid
2 tablespoons cilantro, stemmed and chopped
Hot sauce to taste

PREPARATION
How to Prep and Cook Dried Beans
Rinse, soak, and cook beans.
Heat the olive oil in a skillet over medium heat, and sauté carrots and onions until tender. Stir in the garlic, cook an additional 1 to 2 minutes. Season with cumin, mustard, cayenne pepper, salt, and pepper. Stir in the drained cooked kidney beans, broth and corn with liquid into the skillet. Bring to a boil, reduce heat to medium, and continue cooking for 20 minutes, stirring occasionally. If too thin, add more water or broth. Garnish with cilantro and add hot sauce as desired. Serves 6.