

Red Beans and Rice

Yield: 6 servings

Prep Time: 8:00:00

Cook Time: 4:00:00

Total Time: 12:00:00

Preparation

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| 1. Rinse beans, and then soak in a large pot of water overnight. | <input type="checkbox"/> 1 lb Kidney Beans |
| 2. Heat oil in a skillet over medium heat. Cook onion, bell pepper, celery, and garlic in olive oil for 3 to 4 minutes. | <input type="checkbox"/> 1/4 cup Olive Oil |
| | <input type="checkbox"/> 1 each Onion |
| | <input type="checkbox"/> 1 each Green Bell Pepper |
| | <input type="checkbox"/> 2 stalks Celery |
| | <input type="checkbox"/> 2 tbsp Garlic |
| 3. Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, parsley, thyme, Cajun seasoning, cayenne pepper, and sage. Bring to a boil, and then reduce heat to medium-low. Simmer for 3 1/2 hours. | <input type="checkbox"/> 6 cups Water |
| | <input type="checkbox"/> 2 each Bay Leaves |
| | <input type="checkbox"/> 1 tbsp Dried Parsley |
| | <input type="checkbox"/> 1 tsp Dried Thyme |
| | <input type="checkbox"/> 1 tsp Cajun Seasoning |
| | <input type="checkbox"/> 1/2 tsp Cayenne Pepper |
| | <input type="checkbox"/> 1/4 tsp Dried Sage |
| 4. Stir sausage into beans, and continue to simmer for 30 minutes. | <input type="checkbox"/> 1 lb Andouille Sausage |