

Louisiana Red Beans and Rice

Ingredients:

- 3 slices thick bacon
- 1 medium yellow onion, diced
- 1 medium green bell pepper, diced
- 3 ribs celery, diced
- 3 teaspoons minced garlic (or 3 cloves)
- 8 ounces cubed ham
- 12– 16 ounces Andouille sausage, sliced into medallions (or beef smoked sausage)
- 2 Tablespoons all purpose creole seasoning
- 4 cups chicken stock or broth
- 4 cups water
- 3 bay leaves
- 16 ounces small dried red beans
- 4 cups instant long grain white rice

Instructions:

- Cook chopped bacon in Dutch Oven. Remove when done and drain on a paper towel. Add diced bell pepper, onion and celery to hot bacon drippings and sauté. When vegetables are tender, add minced garlic. Cook until vegetables are almost translucent.
- Add cubed ham, sliced sausage and creole seasoning to the vegetables. Sauté for another 3-5 minutes.
- Stir in chicken broth, using the broth and steam to loosen the browned bits from the bottom of the pot. Stir in red beans, water, chopped bacon and bay leaves and bring to a low boil. Reduce heat immediately and simmer for 2 hours. Stir occasionally to make sure beans aren't sticking. Add boiling water if needed.
- After 2 hours. Remove about 1 cup of beans from pot. Mash and stir back into pot to make a thick and creamy sauce. Let simmer for another 30 minutes to an hour, stirring occasionally as beans continue to thicken.
- Serve over white rice with chopped chives or parsley for garnish.

Notes: Control your spice level by using beef smoked sausage and adding cayenne pepper to taste.