

Red Beans and Rice ✓

Ingredients

	2	lb.	dried	Red Beans
	10	cups		Chicken Broth
	2	14 oz cans	whole	Tomatoes or Ro-Tel Tomatoes
Vegetables	2	large	chopped	Onions
	2-4	cloves	chopped	Garlic
	1	cup	chopped	Celery & Carrots (1 cup each)
	1	cup	chopped	Bell, Poblano, or Anaheim Pepper
	1-2		chopped	Serrano Pepper (optional – very hot)
	2	Tbsp.		Bacon Fat or oil
Meat	1	lb.	cubed	Ham
	1	lb.	sliced	Sausage – use several types
	1/2	lb.		Bacon
Seasoning	3-5		dried	Bay Leaves
	2	Tbsp.	dried	Parsley
	1-2	tsp.	dried	Thyme & Oregano
	1	tsp.	each	Salt & Black Pepper
	1/2	Tbsp.		Brown Sugar
	1	tsp.		Cayenne Pepper
	2	Tbsp.		Crushed Red Peppers
	2	tsp.		Cumin
	2	tsp.		Chili Powder
	1	Tbsp.		Worcester Sauce



Pick the dried beans over to remove pebbles or bad beans. Rinse and put in a large pot and cover with cold water. Remove floaters.

Soak overnight, or bring to a boil for 2-3 minutes, remove from heat, cover, and let them soak for 2 hours. Drain the beans.

Add the chicken broth and cook on a slow simmer for 1 hour, then remove a cup or two of the beans, crush them and add them back into the pot. This thickens the broth and adds lots of flavor.

Add the seasoning. Cook the bacon a sauté the vegetables in the bacon grease and add them to the beans. Then then sauté the ham and sausage until it's caramelizes and add it to the beans.

Use some of the broth from the beans to deglaze the pan. **Taste the soup and adjust seasoning as necessary.** Continue to simmer for another hour – 2+ hours total cooking time.

Traditionally, this is served over rice, but it's also great by itself as a bean soup. It is much better if you let it rest in the refrigerator overnight to blend the flavors.

Variations: One pound of meat for each pound of dried beans is my normal, but sometimes I use more meat. I usually substitute New Mexico or Poblano Peppers for the bell pepper. You can replace some of the broth with beer. You can use a commercial Cajun seasoning instead of measuring each spice.