

Louisiana Red Beans & Rice

Ingredients:

- 1 lb dry Red Beans
- 2 tbsp Olive oil
- 12 to 14 oz Andouille sausage, cut into ¼" slices
- ½ tbsp Butter
- 1 large yellow Onion, diced
- 2 Celery ribs, diced
- 1 small red Bell pepper, diced
- 1 small green Bell pepper, diced
- 6 cloves Garlic, minced
- 1 tsp Salt or to taste
- 1 tsp dried Oregano
- ½ tsp dried Thyme
- ½ tsp Paprika
- ⅛ tsp ground Cayenne red pepper, or to taste
- Freshly ground black Pepper, to taste
- 6 to 7 cups low sodium Vegetable broth, (you can also use chicken broth)
- 2 Bay Leaves
- ½ cup chopped fresh Parsley plus more for garnish
- Fresh Green Onions chopped, plus more for garnish
- 1 ½ cups long grain brown Rice or white Rice, cooked according to package directions

Directions:

- Put dry beans in a large soup pot or a large bowl; cover in water and soak for 8 hours, or overnight.
- Water should come up about 2" over the beans.
- When ready to cook, heat 2 tbsp olive oil in a large dutch oven or a heavy pot set over medium heat.
- Add the sausage slices to the heated oil and cook until browned on both sides.
- Stir frequently.
- Remove sausage from pot and set them aside.
- Add butter to the pot and melt.
- Stir in the onions and cook over medium heat for 3 minutes, or until starting to soften.
- Add celery and bell peppers; continue to cook for 4 minutes.
- Add a little more butter, if needed.
- Stir in garlic and cook for 15 seconds.
- Season with salt, oregano, thyme, paprika, cayenne, and black pepper; continue to cook for 1 more minute.
- Pour in vegetable broth and stir, scraping up all the browned bits from the bottom of the pot.
- Drain the soaked beans and rinse; add the beans to the pot, and previously prepared andouille sausage.

Add bay leaves.

Increase heat to high and bring mixture to a boil.

Reduce heat to low; cover and simmer for 1½ to 2 hours, or until beans are soft and tender.

Start checking for doneness around the 1½ hour mark by mashing or squeezing the beans between your fingers.

The skin should be a bit resistant to pressure, but the interior should be the consistency and appearance of baked potato.

When beans are cooked through, remove the bay leaves from the pot and discard.

Remove 1 cup of beans to a bowl; mash the beans with the back of the fork, and then return to the pot; stir.

If mixture is too thick, add up to 1 cup water.

Taste for salt and seasonings, and adjust accordingly.

Stir in parsley and green onions and cook for 5 more minutes.

Remove from heat.

Serve over cooked rice.