

Red Beans and Rice

Ingredients:

1 lb beans
1 bone from whole ham (or salt pork)
½ green bell pepper
1 med onion
1 rib celery
1 glove of garlic, chopped fine
3 ounces of chopped Andouille sausage (Hillshire or Eckard's will also work)
½ lb ham fat
1 tsp white pepper
1 tbsp salt
2 bay leaves
1 gallon water.

Preparation:

Clean and wash beans the night before. Place in a pot with the beans covered with water. Let soak over night. Or if you prefer, bring to a boil in a pan of water and simmer for about 1½ hours prior to preparation.

To cook, place the beans in a large pot of cold water. Chop all seasonings fine.

Fry off meat in a sauté pan until it turns dark, then toss seasonings on top and let sauté. Pour about a third of the water into the pan until the meat and seasonings break free from the bottom.

Mix contents of the sauté pan into the large pot with the beans.

Place over a slow fire and cook until the beans turn creamy --- 1½ or 2 hours.

Prepare rice according to directions and serve beans over rice.