

## Authentic Red Beans & Rice

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Serves: 6-8 • Prep/Cook Time: the longer the better

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### Ingredients

- 1 lb. dried red beans
- 3 Tbsp. bacon grease
- ¼ cup chopped ham
- 1 lb. Andouille sausage, sliced
- 3 celery ribs, chopped
- 1 green bell pepper, chopped
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 Tbsp. creole seasoning
- ½ tsp. salt
- ½ tsp black pepper
- pinch of cayenne pepper
- 2-3 bay leaves
- 2 Tbsp. chopped parsley
- 2 tsp. thyme
- 1 Tbsp. Tony Cachere's
- Several shakes of Tabasco
- Ham hock
- 2 Tbsp. chopped garlic
- 10 cups water/broth ( I use about 6 cups broth and 4 water)
- Hot cooked white rice for serving
- Hot sauce, optional

### Directions

1. Place the beans in a large pot cover with water by 2 inches. Let soak 8 hours or overnight. Drain and set aside.
2. In a large pot, heat the bacon grease over med. high heat. Add the ham and cook stirring for about a minute. Add the onions, celery and bell

pepper to the pot. Season with salt, pepper and cayenne. Cook, stirring, until vegetables are soft, about 5 minutes. Add the bay leaves, parsley, thyme, sausage and ham hocks and cook, stirring, to brown the sausage and ham hock, about 4-5 minutes. Add the garlic and cook another minute. Then add the Tony Cachere's and Tabasco to taste.

3. Add the beans and broth/water, stir well, bring to a boil. Reduce heat to low and simmer uncovered, stirring occasionally, until beans are tender and begin to thicken. At least 2 hours but preferably simmer all day. If beans become too thick and dry looking, add more broth or water.
4. Remove from heat and with the back of a spoon, mash about  $\frac{1}{4}$  of the beans against the side of the pot then continue to cook until beans are creamy. Most of the time I don't even have to do this step, if they can simmer all day or longer then they are usually already creamy.
5. Serve over hot cooked rice and add hot sauce if desired.

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### **Special Notes**

- We like to use Earl Campbells hot links sausage
  - I prefer Tony Cachere's creole seasonings and Tobasco hot sauce
  - This is also one of those dishes that just calls for white rice, the wheat just doesn't have the same great taste for this dish.
  - We prefer Camelia's Red Beans but if you can't find them it's ok just use some good red beans.
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