

LOUISIANA RED BEANS AND RICE

- 2 POUNDS RED BEANS
- 1 ½ POUNDS HAM – CUBED
- 1 ½ POUNDS SMOKED SAUSAGE (REGULAR OR HOT)
- 4 QUARTS WATER
- 1 TABLESPOON SALT – TO TASTE
- 2 LARGE ONIONS, CHOPPED
- 1 BUNCH GREEN ONIONS
- 2 CLOVES GARLIC – MINCED
- 3 BELL PEPPERS – CHOPPED
- 1 CUP MINCED PARSLEY
- 1 TEASPOON CAYENNE PEPPER
- 1 TEASPOON BLACK PEPPER
- 1 TABLESPOON WORCESTERSHIRE SAUCE
- 1 8 OUNCE CAN TOMATOE SAUCE
- ¼ TEASPOON OREGANO
- ¼ TEASPOON THYME

SOAK RED BEANS OVERNIGHT. (THESE ARE NOT RED KIDNEY BEANS BUT A SMALLER, DISTINCTIVE BEAN)

PUT DRAINED BEANS AND HAM IN LARGE SOUP KETTLE. ADD WATER AND SALT. BRING TO A BOIL AND COOK SLOWLY FOR ONE HOUR.

ADD ALL OTHER INGREDIENTS AND COOK SLOWLY FOR TWO HOURS OR UNTIL BEANS ARE TENDER AND LIQUID THICK.

SERVE OVER STEAMED RICE.

SERVES 12 - IT FREEZES WELL.