



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Red Beans and Rice With Pork

Prep Time: 35 mins

Cook Time: 2 h 15 mins

Rest Time: 1 h

Total Time: 2 h 50 mins

Ingredients

- 1 pounds beans, red kidney
- 1 ham hock, smoked pork
- 1 medium onion(s), chopped
- 1 medium pepper(s), green, bell, chopped
- 2 stalk(s) celery, chopped
- 2 bay leaf
- 1/4 teaspoon pepper, cayenne
- 4 clove(s) garlic, minced
- 1/4 teaspoon salt
- 5 cup(s) rice, brown, hot cooked



Preparation

1. Rinse beans. In a large Dutch oven, combine beans and 6 cups water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place beans in 6 cups water in Dutch oven. Cover and let soak in a cool place for 6 to 8 hours or overnight.)
2. Drain and rinse beans. Return beans to Dutch oven. Add pork hock, onion, sweet pepper, celery, bay leaves, cayenne pepper, garlic, and 6 cups fresh water. Bring to boiling; reduce heat. Cover and simmer about 1 1/2 hours or until beans are tender, stirring occasionally. (Add additional water during cooking, if necessary.)
3. Remove pork hock. When cool enough to handle, cut meat off bone; coarsely chop meat. Discard bone. Return chopped meat to Dutch oven. Return to boiling; reduce heat. Simmer, uncovered, for 30 to 40 minutes more or until a thick gravy forms, stirring occasionally.
4. Discard bay leaves. Stir in salt. Serve the bean mixture over hot cooked rice.