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New Orleans Red Beans

Ingredients

- ❖ 1 pounds beans, red kidney, dry
- ❖ 2 quart(s) water
- ❖ 1 1/2 cup(s) onion(s), chopped
- ❖ 1 cup(s) celery, chopped
- ❖ 4 bay leaf
- ❖ 1 cup(s) pepper(s), green, bell, chopped
- ❖ 3 tablespoon garlic, chopped
- ❖ 3 tablespoon parsley
- ❖ 2 teaspoon thyme, dried, crushed
- ❖ 1 teaspoon salt
- ❖ 1 teaspoon pepper, black

Preparation

- 1) Pick through beans to remove bad ones. Rinse beans thoroughly.
- 2) In a large pot, combine beans, water, onion, celery, and bay leaves. Bring to boil. Reduce heat, cover, and cook over low heat for about 1-1/2 hours or until beans are tender. Stir. Mash beans against side of pan.
- 3) Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook uncovered over low heat until creamy, about 30 minutes. Remove bay leaves.
- 4) Serve with brown rice, if desired.