

"Beans Recipes"

Black Beans and Rice with Smoked Sausage

**2 tbsp olive oil
2 tbsp Creole seasoning
1 medium onion and 2 medium carrots, chopped
1/2 cup red and green bell pepper, chopped
2 stalks celery, chopped
1 cup andouille sausage, cubed
1/2 lb small black beans (soaked overnight or for at least a few hours)
2 tbsp. fresh garlic, minced
1 smoked ham hock
3 1/2 cups chicken stock (or water)
3 fresh bay leaves
2 tbsp Worcestershire Sauce
1 tbsp crystal hot sauce
1/2 cup tomato sauce (I learned this from Louis Armstrong's recipe)
1 tbsp Italian parsley, chopped
1/2 tsp cumin
1 1/2 tbsp cilantro, freshly chopped
1/4 cup green onions, thinly slice on the bias
1/2 recipe Creole boiled rice**

Using a large bowl, mix the Holy Trinity (onions, celery, and bell pepper). Drain beans. Heat oil over medium heat. Add 1/2 of the Holy Trinity mix, along with 1tbsp of the Creole seasoning and the Andouille, turn the heat to medium high. Cook this for about 7-10 minutes, stirring occasionally until the vegetables are rich in color. Add the drained beans and cook stirring occasionally for about 5 minutes.



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Add chicken stock or water, garlic, bay leaves, thyme, ham hock, and the remaining trinity and creole seasoning. Bring to a boil, then reduce the heat and simmer for 2-2 1/2 hours.

The first hour is low maintenance, an occasional stir and making sure the beans are covered with liquid. The second hour, stir occasionally, the beans will really start to absorb liquid and you don't want the beans to stick.

Remove the ham hock, trim away any meat and add in pot. After the beans have cooked for two hours, add the tomato sauce, the parsley, and 1/2 of the green onions. Make your rice. Cook the beans for another half-hour.

Smoked Sausage

Place the links of smoked sausage in a medium sized cast iron skillet. Brown the sausage and serve hot

To Serve:

Remove the bay leaves. Mound a 1/2 cup of rice each, onto 2 serving plates. Cover with a generous helping of the red beans, garnish with the remaining green onions. Make sure there is a bottle of hot sauce on the table.

Perfect compliments to this dish: a simple vinaigrette salad, a side of Chaurice, good crusty French bread, and your favorite ice cold beer.