

Red Beans & Rice

Ingredients:

- 1 lb. of dried small red beans, soaked overnight. [Or, two cans (15 oz. each) canned red beans.]
- 6 cups water.
- 1 cup celery, chopped.
- 1 ½ cups of onions, chopped.
- 1 cup green bell peppers, chopped.
- 2 to 3 garlic cloves, minced.
- 2 bay leaves.
- ½ to 1 tsp. dried thyme.
- 1-2 tsp. dried oregano.
- ¼ tsp. sage.
- Black and red pepper to taste.

Method:

- Combine all ingredients in cooking pot, bring to boil and then slowly simmer for 1 ½ to 2 hours. (Canned beans will cook faster.) Add water as needed so beans stay covered.
- When beans are tender, mash some of them with spoon to desired texture.
- Serve over hot, cooked rice. (Serves 6-8.)

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