

New Orleans Red Beans

Makes: 8 servings

Ingredients

- 1 pound** red beans (dry)
- 8 cups** water (2 quarts)
- 1 1/2 cups** onion (chopped)
- 1 cup** celery (chopped)
- 4** bay leaves
- 1 cup** green pepper (chopped)
- 3 tablespoons** garlic (chopped)
- 3 tablespoons** parsley (chopped)
- 2 teaspoons** thyme (dried, crushed)
- 1 teaspoon** salt
- 1 teaspoon** pepper (black)

Directions

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours 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 hot cooked brown rice, if desired.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	0 g	0%
Protein	6 g	
Carbohydrates	18 g	6%
Dietary Fiber	7 g	28%
Saturated Fat	0 g	0%
Sodium	310 mg	13%