



Red Beans and Rice

Serves 4

1 pound dried kidney beans
1 1/2 quarts water
1/2 vegetable oil.
1 cup diced onion
1/4 cup minced garlic
1 link smoked pork sausage
1 large smoked ham hock
1 bay leaf
Louisiana hot sauce to taste
salt and pepper to taste
4 cups cooked white rice

Wash red beans. In a large container soak beans in the water for at least 1 hour. This can be done overnight in a refrigerator.

In a large sauce pan heat oil over medium-high heat. Add onion, garlic and sausage and saute for 5 minutes, or until the vegetables are clear and wilted. Add to beans (with the water), hamhock, and bay leaf. Bring to a simmer and cook until beans are tender, about 2-1/2 to 3 hours. Take out hamhock, cut meat away from bone and add to pot of beans. Season to taste with salt, pepper, and Louisiana hot sauce. Serve in soup bowls over hot rice.