

## Red Beans & Rice, New Orleans-style

8 to 12 servings

### Ingredients:

1 pound dried red kidney beans, sorted, then soaked overnight in water to cover  
½ pound ham or other seasoning meat, in ½ inch or less dice  
1 pound andouille, in ¼ inch slices  
1 onion, finely chopped  
2 stalks celery, finely chopped  
1 bell pepper, finely chopped  
1 large clove garlic, minced  
1 large bay leaf  
1 to 2 teaspoons Creole seasoning (recipe below)  
Salt and pepper to taste  
2 tablespoons or more chopped parsley  
1 bunch green onions, chopped

Drain the water from the beans, then rinse the soaked beans. Drain again and set aside.

Sauté ham and andouille with a little oil in a heavy Dutch oven until it begins to brown.

Add onion, celery, pepper, and garlic to the ham and andouille. Sauté until softened.

Add the beans and 8 cups water. Bring to a boil.

Add the bay leaf and Creole seasoning to the beans, then reduce to a simmer and gently cook, uncovered, for about 1½ hours, until beans are tender. Add water while cooking, if necessary.

Add salt, pepper, chopped parsley, and green onions towards the end of the cooking.

Serve in bowls over cooked white rice. Pass pepper sauce.

### Creole Seasoning

#### Ingredients:

3 tablespoons paprika	1 tablespoon ground black pepper
2 tablespoons onion powder	1 tablespoon ground white pepper
2 tablespoons garlic powder	1 tablespoon cayenne pepper
2 tablespoons dried oregano	1 tablespoon salt
2 tablespoons dried basil	Dash of chili powder
1 tablespoon dried thyme	Dash of ground cumin

Combine all and store in an airtight jar.

**Submitted by:** Brian Reid from St. George's Episcopal Church, New Orleans. Brian has contributed recipes that have appeared in The Times-Picayune and other local publications. (With thanks to Karen Mackey, Communications Coordinator, The Episcopal Diocese of Louisiana.)