

Red Beans & Rice

(Serves 6)

Ingredients:

1 lb. small red beans (rinsed & picked over)
4 slices (4 oz) bacon, chopped fine
1 onion, chopped fine (1 cup)
1 green pepper, seeded & chopped fine (1/2 cup)
1 rib celery, (chopped fine (1/2 cup)
4 garlic cloves, minced or pressed (1 tablespoon)
2 teaspoons fresh thyme
2 teaspoons sweet paprika
2 Bay leaves
1/4 teaspoon cayenne pepper
Ground black pepper
Salt
Low sodium chicken broth (3 cups)
White wine (2 cups)
Water (4 cups)
Andouille and/or smoke kielbasa sausage (1 lb.), cut length-wise and into 1" pieces
Red wine vinegar
Hot sauce

Directions:

1. Place beans in a large bowl. Add 4 quart water with 3 tablespoons salt added. Soak at room temperature for 24 hours. Drain and rinse well.
2. Heat bacon in large covered pot or Dutch oven on medium heat until bacon is browned and rendered (5-8 minutes). Add onion, pepper, celery, and cook stirring frequently until vegetables are tender (6-7 minutes).
3. Stir in garlic, thyme, paprika, cayenne pepper, 1/4 teaspoon black pepper, and Bay leaves and stir until fragrant (about 30 seconds).
4. Stir in beans, broth, water, wine, cover and bring to boil on high heat. Reduce heat to vigorous simmer. Stir occasionally until beans begin to soften (45 minutes to 1 hour)
5. Stir in sausage and 1 teaspoon red wine vinegar and cook until beans are tender and sauce thickens (about 1 hour) and is creamy. Season to taste with additional salt, black pepper, cayenne pepper, and red wine vinegar.
6. Serve over white rice or cornbread. Sprinkle with chopped scallions. Add additional hot sauce if desired. Remove Bay leaves before serving.

Recipe courtesy of Mark Siegel. Served at the annual meeting on 1/23/10.