

Red Beans and Rice

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Rated: ★★★★★

Submitted By:
CLFGRL

Prep Time: 10
Minutes

Cook Time: 3
Hours 20
Minutes

Ready In: 11
Hours 30 Minutes

Servings: 8

"Red beans and a ham hock slowly simmer with seasonings for maximum flavor. Smoked sausage is stirred in towards the end for a hearty, hot meal that's perfect when the cold winds blow."

INGREDIENTS:

2 cups dried red beans	pepper
1/2 teaspoon dried minced garlic	1 teaspoon celery seed
1 tablespoon dried minced onion	1 teaspoon ground cumin
2 teaspoons salt	1/4 teaspoon crushed red pepper flakes
1 bay leaf	1 ham hock
1 teaspoon white sugar	1 pound smoked sausage, sliced
1/4 teaspoon ground cayenne	

DIRECTIONS:

1. Pick over the dried beans, and soak them in water overnight.
2. The next day, drain off the soaking water, and place the beans in a large pot or slow cooker. Cover with water, and stir in the dried garlic and onion, salt, bay leaf, sugar, cayenne pepper, celery seed, cumin, and crushed red pepper flakes. Push the ham hock down into the beans. Bring to a boil, reduce the heat, and simmer over low heat for 3 to 4 hours.
3. Stir in the smoked sausage, simmer for 20 more minutes, and serve.

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-- Angela Sackett



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