



Red Beans & Rice

INGREDIENTS

1-pound dried Red Beans
8 oz. Tasso Ham, roughly chopped
4 tablespoons Olive or Peanut Oil
1 medium Onion, small diced
1 Green Bell Pepper, stem and seeds removed, small diced
2 ribs Celery, small diced
6 Garlic Cloves, peeled and smashed with the side of a chef's knife
2 tsp Kosher Salt
6 Bay Leaves, whole
32 oz. Salt Free or Low Sodium Chicken Broth or Homemade Stock
¼ cup Flat Leaf Parsley, minced
1 bunch Green Onions, sliced
4 tbsp room temperature Salted Butter
Cooked White Long-Grain Rice, for serving

PREPARATION

- In a colander, rinse the dried beans and remove any pebbles. In a large bowl, cover beans in water by at least an inch and soak overnight in the fridge.
- Heat the oil in a sauce pot over medium heat. Cook the Tasso ham - approximately 4 minutes, or until slightly crispy. Add onion, bell pepper, celery, and garlic and cook for 4 minutes, stirring often to prevent browning.
- Drain the beans. Add the beans, broth, salt, and bay leaves to the pot. Turn up the heat, bring to a simmer, and reduce the heat to low. Cook, stirring often, for 1.5 – 2 hours or until the beans have softened. Taste and adjust seasoning.
- Remove 1 cup of beans to a bowl and, using a sturdy fork, mash the beans against the side of the bowl and stir back in for added texture. Turn off the heat and add parsley, green onions and butter, remove the bay leaves, stir to combine. Wait 5 minutes and taste and adjust seasoning. Serve in individual bowls over white long-grain rice.