Red Beans & Rice

Ingredients

- 1 lb red beans dried (not kidney beans)
- 1 1/2 lbs Ham shank with meat (leftover ham butt)
- 4 cups chicken stock, low sodium
- 4 cloves garlic minced
- 1 large onion (diced)
- 1 cup celery diced 3 rib
- 1 cup green pepper diced
- 1 dash worcestershire sauce
- 3 bay leaves
- 1 1/2 tsp dried thyme leaves
- 1 tsp smoked paprika
- 4 Andouille sausage links
- 1 cup rice

Summary

Yield: 6
Prep Time: 3 1/2 hours
Category: Main Dish
Cuisine: Creole
Tags: High Altitude Adjusted

Instructions

Cover red beans with 3 inches of water in a pot and add 1 teaspoon baking soda. Simmer 1 1/2 hours or until tender or soak over night.

Drain and rinse beans, set aside.

In large dutch over or stock pot add a little oil and saute celery, onions and green pepper lightly. Add beans, water, garlic and ham bone or meat cut off ham bone in big chunks. Simmer all for 2

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hours.

Remove ham bone or pieces of meat and shred then add back to the pot . Cut sausage into 1/2" slices and add to pot, Worcestershire and spices. Add more water if too thick and cook another hour. Salt to taste.

Cook rice separately and serve over rice.