

New Orleans Red Beans

10-12 SERVINGS, ABOUT 3/4 CUP EACH



Ingredients:

1 lb. dry red beans
2 qt. water
1-1/2 cups chopped onion
1 cup chopped celery
4 bay leaves
1 cup chopped green pepper
1/2 cup chopped red pepper
3 Tbsp. chopped garlic
3 Tbsp. chopped parsley
2 tsp. dried thyme, crushed
1 tsp. salt
1 tsp. black pepper

Directions:

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot, combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1 to 1-1/2 hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add peppers, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat till creamy, about 30 minutes. Remove bay leaves.

*Per Serving: 171 Calories; Less than 1 gram Total fat; Less than 1 gram Saturated fat; 285 mg Sodium
3/4 cup serving = 2 protein ounces*