

Featured Recipe

Red Beans and Andouille Sausage



Ingredients:

1 lb. Dried Red Beans (soak over night)
2 lb. Andouille Sausage
1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green pepper
4 cloves chopped garlic
Pinch of Thyme
Pinch of Fennel Seed
2-3 Bay Leaves

2 qts. Veggie or Chicken Stock
salt and cayenne pepper to
taste
Corn chips or rice

Yield: 4 people

Holding Time/Shelf Life:

5 days

Procedure: soak beans over night in about 2 quarts of water, drain. Cook sausage in over at 350 degrees or on your grill. Place stock pot on high heat, add fat from sausage, onion, pepper, and celery. Cook until transparent. Add sausage, beans, and stock. Add herbs and begin adding salt a little at a time to suit your taste. Reduce heat to low and cook for 2.5 hours, stirring every 15-20 minutes. Serve with Corn chips or cooked white rice.