

Authentic Louisiana Red Beans and Rice



- Prep 25 m
- Cook 3 h 5 m
- Ready In 11 h 30 m

"Authentic Cajun flavor! I grew up in Louisiana and love red beans and rice; these are just like I remember. Serve with Tabasco sauce for a little kick. My family loved to splash a little cider vinegar in each bowl."

Ingredients

- 1 pound dry kidney beans
- ¼ cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- ¼ teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound andouille sausage, sliced
- 4 cups water
- 2 cups basmati rice

Directions

1. Rinse beans, and then soak in a large pot of water overnight.
2. In a skillet, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.
3. Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Bring to a boil, and then reduce heat to medium-low. Simmer for 2½ hours (or 20 minutes in a pressure cooker).
4. Stir sausage into beans, and continue to simmer for 30 minutes.
5. Meanwhile, prepare the rice. In a saucepan, bring water and rice to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve beans over steamed white basmati rice.