

Authentic New Orleans Red Beans and Rice

Oscar · 28/09/2024



Prep Time

5 hrs 30 mins

Difficult

Medium

Servings

10

Description

This New Orleans red beans and rice is just like what Mom makes I recommend cooking it the day before you want to eat it It is a timeconsuming recipe and the taste gets even better after 24 hours in the refrigerator For extra spice add a splash of hot sauce

Ingredients

- - 1 tablespoon shortening
- or as needed - 1 white onion
- chopped - 1 green bell pepper
- chopped - 3 cloves garlic
- chopped - 8 cups water - 1 pound dried red beans - 1 smoked ham hock - 1 pound smoked sausage
- cut into bite-sized pieces - 2 stalks celery
- chopped - 2 bay leaves - 1 tablespoon Creole seasoning (such as Tony Chachere's®) - ½ teaspoon dried thyme - ½ teaspoon dried sage - 1 dash hot pepper sauce (such as Tabasco®)
- or to taste (Optional) - 3 cups cooked white rice

Instructions

1. Melt shortening in a skillet over medium heat. Cook and stir onion
2. bell pepper
3. and garlic in hot shortening until tender
4. 5 to 7 minutes. Combine water
5. red beans
6. and ham hock in a large pot; bring to a boil. Stir onion mixture into the pot; add smoked sausage and celery. Return to a boil. Stir bay leaves
7. Creole seasoning
8. thyme
9. and sage into boiling water. Reduce heat to low
10. cover the pot
11. and simmer until beans are tender
12. about 5 hours. Remove and discard ham hock and bay leaves; stir in hot pepper sauce and serve over white rice.