

New Orleans Red Beans 'n' Rice

Submitted by Michelle Broussard-Hanes

Ingredients:

- 1 bag **light colored** red-beans (dry) {NOT the dark ones}
enough water to cover the beans by 2-3 inches
- 5-7 dried bay leaves (depending on size)

- 2 medium-sized Vidalia onions
- 2 tablespoons oil (or, veggie stock, if prefer)
pinch of dark brown sugar, to caramelize onions
- 3 tablespoons of **fresh**, finely minced parsley
- * salt free or any Creole seasoning you can find locally *
white rice

Directions:

Part 1: Rinse the dried beans several times. Allow to soak in hot water for 2 hours; rinsing the water frequently. Rinse one last time prior to placing in crock-pot/slow cooker. Generously cover with fresh water (at least 2-3 inches). Add the dried bay leaves. Set crock-pot on high temperature for several hours. **If you can, periodically stir the beans *vigorously*, and then will create a lovely, creamy “gravy”.

Part 2: Once the beans are cooked, sauté the onions on a low heat, adding a pinch of dark brown sugar to encourage the onions to caramelize. (The goal is to have a sweet onion taste, as opposed to a salty, bitter one). When the onions are cooked, add them to the crock pot with the beans. Stir well. Add **fresh**, finely minced parsley and either salt free or Creole seasoning to the recipe at the very end. Allow a few minutes for all the tastes and textures to blend. Remove the bay leaves, prior to serving. Serve over fluffy white rice. Traditionally, Red Beans n' Rice is not a salty dish, but rather one which showcases the “creaminess” of the light colored red beans.

“Gluttony makes a man gloomy and fearful, but fasting makes him joyful and courageous. And, as gluttony calls forth greater and greater gluttony, so fasting stimulates greater and greater endurance. When a man realizes the grace that comes through fasting, he desires to fast more and more. And the graces that come through fasting are countless.”
Saint Nikolai of Zicha