

# Red Beans (and Rice)

## Ingredients

- 1 lb small red beans
- 1 lb ham hocks or smoked ham
- 2 large yellow onions, peeled and chopped
- 6 stalks celery, chopped
- 2 tbl parsley, chopped
- 1 green pepper, chopped
- 4 bay leaves
- 4 large garlic cloves, crushed
- ¼ lb margarine
- Pepper to taste
- 2 tbl Worcestershire sauce
- Louisiana hot sauce to taste
- Salt to taste
- 6 cups cooked white rice

## Instructions

- Soak the beans overnight in ample water. Then drain water and place beans in a heavy kettle.
- Add ham, onion, celery, parsley, green pepper, bay leaves and garlic, then add water to barely cover the contents.
- Bring pot to a boil, then turn down to a simmer.
- Simmer uncovered for 2 hours, adding water if necessary.
- After 2 hours of cooking, add margarine, pepper, Worcestershire and hot sauce to the pot and continue cooking for 1 additional hour – covered and on low heat.
- Adjust seasonings if necessary, being careful to not oversalt.
- Serve over white rice.