

# Cajun Red Beans and Rice

Serves 6



## Ingredients

- 1 pound dry red kidney beans, picked through for pebbles and rinsed well
- 1 pound andouille sausage, thinly sliced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 medium brown onion, chopped
- 2 large celery stalks, chopped
- 1 poblano pepper, chopped OR
- 1 jalapeno, minced (seeds and stem removed)
- 2 bay leaves
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 1 teaspoon Cajun seasoning (I use Tony Chachere's)
- 1 teaspoon Kosher salt
- 2 tablespoons tomato paste
- 4 cups water
- 2 cups chicken stock
- handful of fresh Italian parsley, chopped fine (or cilantro)
- 2 tablespoons scallions, thinly sliced
- 2 cups long grain rice
- 4 cups water
- 1 teaspoon Kosher salt

## Steps

*I use an insta-pot but you can do this in a large soup pot too. For the insta-pot version I complete step 1 using the "brown" option. I then add the seasonings, beans, water and stock and put it on "high pressure" for 30 to 35 minutes with a natural release. I then mash some of the beans and add the sausage back in bringing the mixture to a simmer using the "simmer" option. Then I serve it hot over rice.*

*If cooking the beans on the stove top, I would rinse and pre-soak them first overnight.*

1. Begin browning the sausage in a large pot over medium-high heat. When sausage has browned remove from pot and set aside. Add the olive oil, the onions, garlic, jalapeno, and celery using the liquid released to break up some of the brown bits from the bottom of the pan. Continue cooking and stirring until translucent.

2. Season with cayenne pepper, cajun seasoning, dried thyme, kosher salt and the bay leaf. Stir in tomato paste and add the beans. Cover with water and chicken stock and bring mixture to a boil. Reduce heat to a simmer and continue cooking for a 2-3 hours or so until the beans are tender. Mash half of the bean/vegetable mixture with a potato masher to thicken. Add the sausage back in and bring to a boil. Taste for seasoning.

3. Remove the bay leaves. Ladle beans over rice and top with scallions and fresh parsley or cilantro. Serve hot with extra hot sauce on the side if desired.

## For the Rice

In a medium-size pot over high heat combine 2 cups rice, 4 cups water and 1 teaspoon kosher salt. Stir. Bring to a boil then reduce heat to a simmer. Cover with a lid and allow the rice to simmer for 16 - 20 minutes or until the rice is tender and all the water has been absorbed. Fluff with fork.