

November Recipe - Creole Red Beans and Rice

Here's Chef Patrick Mould's BEST LIFE IBERIA KITCHEN recipe for the month of November. Enjoy! ...in moderation, of course! :-)



CREOLE RED BEANS AND RICE

Ingredients:

- 1 lb. dried red beans
- 1 ¼ gallons of beef stock
- 1 lb. smoked sausage
- 1 - 8 oz. can of diced Rotel tomatoes
- 2 cups chopped onions
- ¼ cup chopped bell pepper
- ¼ cup chopped celery
- 1 tablespoon chopped garlic
- 2 tablespoons Worcestershire sauce
- 1 teaspoon hot sauce
- ¼ teaspoon white pepper
- ¼ teaspoon black pepper
- 1 tablespoon salt
- ¼ cup chopped green onions
- ¼ cup chopped parsley
- 8 cups cooked rice

Directions:

1. Combine red beans and beef stock in 8-10 quart pot. Bring to a boil.
2. Slice smoked sausage. Heat skillet and brown sausage. Drain on paper towels. Add sausage to red beans.
3. Add remaining ingredients except the green onions and parsley. Reduce heat to medium and simmer beans for 2½ hours. Make sure all of the water does not evaporate while simmering.
4. Add green onions and parsley. Serve over cooked rice.

Yields 8 servings

NUTRITIONAL INFO provided by IBERIA MEDICAL CENTER (per serving, as stated in recipe)

Calories: 706 • Protein: 36g • Fat: 16.5g • Salt: 2961 mg • Carbohydrates: 103g To reduce salt: use low sodium beef stock and lower salt amount to 1 teaspoon.

If counting carbs: consider 1/2 serving.