

Nutrition Education

New Orleans Red Beans

1 lb. Dry red beans	3 Tbsp. Garlic, chopped
2qts. Water	3 Tbsp. Chopped parsley
1 ½ cups onion, chopped	2 tsp. Thyme, dried and crushed
1 cup celery, chopped	1 tsp. salt
4 bay leaves	1 tsp. pepper
1 cup green bell pepper, chopped	

1. Rinse beans, removing any broken or discolored beans.
2. In 5-quart pot combine beans, water, onion, celery, and bay leaves.
3. Bring to a boil; reduce heat. Cover and cook over low heat for about 1 ½ hours until beans are tender.
4. Stir and mash beans against side pan.
5. Add remaining ingredients.
6. Cook, uncovered, over low heat until creamy, about 30 minutes.
7. Remove bay leaves. Serve over hot cooked brown rice.