



Red Beans & Rice

From the kitchen of Pat

- 1 pound red beans*
- 1 large onion, chopped*
- 1 green pepper, chopped*
- 2 or 3 bay leaves*
- 2 large garlic pods, chopped*
- Red pepper*
- 1 pound skinless smoked sausage*
- 1 tbsp flour*
- Salt and papper to taste*
- 1 smoked turkey wing*

Pick and wash red beans (allow to soak for several hours) while turkey is cooking until tender. Use the liquid from cooked turkey enough to cover the beans, sprinkle red pepper (I shake twice just to give beans a bite in taste) and add bay leaves, then boil for one hour. Let the beans cool and place in refrigerator overnight so flavors can rest.

Slice sausage into 1/2" pieces and brown, discard excess grease. Brown flour together with chopped onions, green pepper, garlic and meat, add to pre-cooked beans and continue to cook over medium heat until beans are completely tender. Add salt to taste. Prepare rice. Be sure and discard bay leaves before serving beans over rice. This recipe will make 6 servings.