

# Classic Red Beans and Rice Recipe

This New Orleans classic red beans and rice recipe will take about two-three hours to cook, but so worth the wait. I omitted the ham bone and cook the dish with Andouille sausage (spicy sausage) which is easier to come by in Germany and adds mega flavor. Add [the holy trinity](#), cook the beans until creamy, service over white rice on a Monday (or any day).

You can also make a vegetarian version and omit the sausage. Either way you too can enjoy the flavor of classic Red Beans and Rice when you're not in New Orleans.



New Orleans Red Beans and Rice

# Red Beans and Rice Recipe

## Ingredients (Makes 8 servings)

- 1 pound dried red beans, rinsed and sorted over (the bad beans will quickly float to the top)
- $\frac{1}{4}$  cup olive oil
- [Holy trinity](#)
  - 1 1/2 cups chopped yellow onions
  - 3/4 cup chopped celery
  - 3/4 cup chopped green bell peppers
- 5-6 cloves garlic, chopped
- 1 teaspoon Creole seasoning
- 1/2 teaspoon freshly ground black pepper
- 3 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 large smoked ham hock or 3/4 lb. smoked ham, diced (Optional for vegetarians)
- 1 pound Andouille or spicy sausage, sliced in half and then into 1 inch pieces (Optional)
- 4-6 cups water
- 4 cups cooked long-grain white rice (Preferably Louisiana rice)
- Hot sauce (Preferably Louisiana hot sauce)

## Cooking Instructions

1. On Sunday evening, cover the beans with water and soak in a large pot of water overnight.
2. On Monday morning, exchange the water (to reduce flatulence) and boil the beans until the water is rolling, for about 1 hour ensuring the beans are always covered with water.
3. Heat the olive oil in a skillet over medium heat. Add

the Holy Trinity (onion, celery, and bell pepper) and celery and cook for about for 3 to 4 minutes until ingredients are translucent.

4. Add the garlic to the vegetables and sauté for about 4 minutes being careful not to burn the garlic.
  5. Add the seasonings, vegetables, and smoked sausage to the large pot of beans and add enough water to cover the beans.
  6. Simmer for about 2 hours adding more seasonings as desired and stirring occasionally so the nothing burns or sticks to the bottom of the pot.
  7. After a few hours, the beans should become creamy. If not, remove them from the heat and with the back of a heavy spoon, mash about 1/4 of the beans against the side of the pot. Continue to cook until the beans are tender and creamy, about 15 to 20 minutes adding water if required.
  8. Remove beans from the heat and remove the bay leaves.
  9. Serve over steamed Louisiana rice and top with chopped green onions.
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## **Monday is Red Beans and Rice Day**

### **Red Beans and Rice Day**

During my time living and studying in New Orleans, I always wondered why my friends would anticipate their mother's or grandmother's meals at the beginning of the work week. That's because Monday is Red Beans and Rice Day in the Crescent City.

Whether served up at home or as the Monday special at many of the New Orleans restaurants, there's nothing like a pot of slow cooked creamy red beans. Just serve them over rice and top with a few dashes of Louisiana hot sauce. It's pure Cajun and Creole heaven!

They're so good Louis Armstrong not only ate them, but he signed his name,

*"Red Beans and Ricely  
Yours,  
Louis Armstrong!"*



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# So why do we eat the Louisiana Creole dish on Mondays?

Traditionally on Sunday a ham was served for supper after church. You probably remember having a big meal every Sunday at Grandma's, right? Since the following day Monday was laundry day and during those times people didn't have washing machines a low-fuss meal needed to be prepared.

You see, the ladies of the house (generally house maids) had to scrub the family's clothes by hand, often having to boil the garments and then use a crank and wringer to dry them as much as possible in preparation for hanging them on the clothes line.

As you can imagine, there wasn't much time to cook a meal, let alone a fancy one. Therefore, the women would soak the red beans overnight, put a pot of beans on the stove; including the "[The Holy Trinity](#)", a few other simple ingredients, as well as Sunday dinner's ham bone. Voila! The laundry was cleaned and a filling and low-cost delicious meal was ready for supper on Monday evening.

## Who Brought Red Beans to New Orleans?

Red beans were most likely first introduced in New Orleans when sugar plantation owners fled Saint-Dominge (Haiti) for Louisiana after the Haitian slaves revolted in the 1790s. The old Haitian recipe *Riz et Pois Rouges* mirrors the red beans and rice recipes that slaves either cooked for themselves or their slave master's families. The dish is called *Arroz con habichuela* in Spanish-speaking countries, such as Spain, Cuba, Puerto Rico, and Dominican Republic, and is also a popular staple meal. You'll even find varieties in Jamaica and India too.

While traditional New Orleans cuisine is thought to be spicy (namely Cajun and less often Creole dishes) red beans and rice are rather mild, so you'll always find a large bottle of Louisiana hot sauce on the table if you want to add some kick.

It's almost Monday wherever you are in the world, so how about cooking a pot of Red Beans and Rice ?