

Red Beans and Rice

Ingredients:

3 cans red kidney beans, drained
1 lb. smoked sausage or chorizo
2 cloves garlic
1 c. green pepper, chopped
1 tbsp. oil
Handful chopped parsley
1 tsp. sugar
2 sm. ham hocks
1 can tomatoes
2 c. onions, chopped
1 c. celery, chopped
1/2 tsp. thyme
Tabasco sauce

Preparation:

Saute onion, pepper, celery, garlic in oil.
Add tomatoes and liquid drained from beans.
Add ham hocks and seasonings.
Simmer together uncovered for 2 hours.
Add beans and chorizo and heat through.
Adjust seasonings to taste and serve over rice.