Red beans & rice

About
Beans and rice are a vegetarian source of complete protein for many cultures. Because beans and rice are stored as dried foods, they keep well and made good-year round food in the days before refrigeration. This is the same red bean that is often used in chili. It is also called a kidney bean.

In New Orleans, Louisiana, red beans and rice are the traditional lunch on Mondays. The red beans are often flavored with andouille smoked sausage or ham hocks.

Ingredients

For the beans
1 lb dry red kidney beans
2 cups each, finely chopped celery, onions, green peppers
5 bay leaves
2 tsp each white pepper, thyme
1 1/2 tsp each garlic powder, oregano
1 tsp cayenne or ground red pepper
1/2 tsp black pepper
1 tbsp Tabasco sauce

For the rice
2 cups uncooked rice
2 1/2 cups water
1 1/2 tbsp each, all finely chopped onions, celery, green bell peppers
1/2 tbsp unsalted butter melted
1/2 tsp salt
A pinch of white pepper, red pepper, and black pepper

Directions

For the beans
Cover the beans with extra water. Let stand overnight. Drain before using.

Sauté celery, onions, bell peppers, bay leaves and seasonings in a large pan; stir well. Cook for 5–10 minutes. Add the drained beans and 4 cups of water to the pan; boil, reduce heat, and simmer 30 minutes, stirring occasionally. Add more water if needed and simmer until the beans start breaking up, stirring and scraping the pan bottom often.

For each serving, mound 3/4 cup rice on a plate. Spoon a generous 1 1/4 cups of the red beans on the rice.

For the rice
In a 5x9x2 1/2-inch loaf pan, combine all ingredients; mix well. Seal pan snugly with aluminum foil. Bake at 350 degrees until rice is tender, about 1 hour, 10 minutes. Serve with red beans.

Reference