



Here's a great recipe in honor of Mardi Gras

Ingredients:

1 yellow bell pepper, chopped
2 celery stalks, chopped
1/2 yellow onion, chopped
1/4 cup olive oil
1 can red kidney beans, drained and rinsed
2 bay leaves
3 cups water
2 links hot sausage, casing removed
1 tsp cayenne pepper
black pepper to taste
2 red tomatoes, chopped
red pepper flakes to taste
2 cups white rice.

Directions:

In a large pan, heat oil with yellow bell pepper, celery, and onion. When onion becomes soft add beans and bay leaves.

Lower to a simmer and cook together with water for about 30 minutes. Add sausage. Break up meat in the hot pan. Add cayenne pepper and black pepper. Continue to simmer for an additional 20 minutes and add tomatoes.

Remove bay leaves. Serve over white rice.

