

MEAT PROTEIN



ANDOUILLE SAUSAGE AND KIDNEY BEAN STEW

Servings: 8

Ingredients

- 1 pound dry kidney beans
- 1/4 cup olive oil
- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 2 tablespoons garlic, minced
- 1 cup celery, chopped
- 1 teaspoon salt
- 6 cups water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 2 teaspoons salt
- 1 pound andouille sausage, sliced

Directions

Rinse the beans, and then soak them in a large pot of water overnight.

In a skillet, heat the oil over medium heat. Cook the onion, bell pepper, garlic, celery and 1 teaspoon of salt in the olive oil for 3 to 4 minutes.

Rinse the beans again, and transfer to a large pot containing 6 cups of water. Stir the cooked vegetables into the beans. Season with the bay leaves, cayenne pepper, thyme, sage, parsley and Cajun seasoning. Bring to a boil, and then reduce the heat to medium-low. Simmer for 2 1/2 hours.

Stir the sausage into the beans and simmer for 30 minutes.

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