

Red Beans & Rice

2 lbs. dry red kidney beans

2 $\frac{1}{4}$ lbs. cooked uncured polish sausage

2 celery hearts or 1 bunch of celery chopped

1 sweet onion chopped

2 tablespoons (=1 coffee measure = 1/8 cup) minced garlic

2 tablespoons (=1 coffee measure = 1/8 cup) dried parsley

1 tablespoon ground cumin

4 cups rice

7 cups broth or water (for cooking the rice)

Rinse and soak the red beans in water 2 inches above the beans overnight. Pour the beans and water into a slow cooker.

Sauté the onion, celery, and garlic in a large skillet. Slice the polish sausage and add to the onion and garlic. Continue the sauté until the onions start to become translucent.

Transfer the vegetables and sausage to the slow cooker. Add the dried parsley and cumin. Salt and pepper to taste. A tablespoon or so of All Seasons Salt works great. Cook on low for 6 to 8 hours.

When the beans start to get soft, crush a few with the back side of a spoon to thicken the mixture.

About an hour before serving, put the rice and broth or water along with a healthy dose of butter or olive oil in a large pot. Bring to a

rolling boil uncovered. Turn off the burner and cover the pot. Fluff up the rice before serving.

Serve and enjoy!