

Betty's Cajun Red Beans and Rice Recipe



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In this video, Betty demonstrates how to make a zesty dish from the Deep South, Cajun Red Beans and Rice. This recipe makes a large amount, and it can be used as the main course of a meal. It is composed of a sauce made from red beans, vegetables, and spices, and it is served over a hot bed of white rice. Add a wedge of hot, tasty cornbread, and it tastes wonderful!

Ingredients:

(2) 15.5 oz. cans red beans, undrained (You may use pinto beans, kidney beans, chili beans-but no beans that have been already flavored with spices.)

½ stick butter or margarine, melted

1 cup chopped celery

1 cup chopped onion

½ cup sliced green onion

½ cup chopped green bell pepper

2 cloves garlic, minced

5 oz. diced cooked ham (I used Hormels canned smoked ham, but you may use leftover ham chunks.)

¼ teaspoon salt

2 teaspoons Creole seasoning

¾ teaspoon hot sauce (Tabasco or any type of hot pepper sauce may be used.)

1 cup water

2 cups hot, cooked white long grain rice

Saute 1 cup chopped celery, 1 cup chopped onion, ½ cup sliced green onion, and ½ cup chopped green pepper in ½ stick melted butter or margarine until tender. Add 2 cloves of minced garlic, 2 cans of red beans, 5 oz. diced cooked ham, ¼ teaspoon salt, 2 teaspoons Creole seasoning, ¾ teaspoon hot sauce, and 1 cup water. Cook, uncovered, over medium heat for 1 hour, stirring occasionally. While the red bean sauce is cooking, prepare your white rice. When ready to serve, arrange 2 cups of hot white rice on a large serving dish. Spoon bean mixture over the top, and serve immediately. If you like red beans and rice, this is a very flavorful version that you are sure to enjoy!