

Betty's Cajun Beans and Franks



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In this video, Betty demonstrates how to make Cajun Beans and Franks. The inspiration for this recipe came from the brunch we had at Boone Tavern Hotel and Restaurant recently. One of the items on the buffet was Beans and Franks. I was intrigued by those, because I had never thought to make them in bettyskitchen. Rick (my husband) asked the chef about the recipe, and the chef indicated that they used andouille sausage, kidney beans, and green pepper. My standard recipe uses hot dogs, pork and beans, and no green pepper. I combined my recipe with the information from the Boone Tavern chef to come up with a dish that is hearty, easy to make, and tastes wonderful!

Ingredients:

12 ounces andouille smoked sausage (fully cooked--about 4 links)
1 medium onion, chopped
1 medium green bell pepper, chopped
(2) 15.5-ounce cans light red kidney beans, including liquid (You may use dark red kidney beans, if you prefer.)
½ cup ketchup
½ cup molasses
1/8 teaspoon hot sauce
cooking oil spray

Slice 12 ounces of andouille sausage into ¼-inch slices. Brown slices in a deep skillet and drain any excess fat. Add 1 chopped onion and 1 chopped green pepper. Cook over low heat, stirring occasionally, until onions are soft. Add 2 cans of kidney beans, ½ cup ketchup, ½ cup molasses, and 1/8 teaspoon hot sauce. Stir until well combined. Spoon mixture into an 8-inch by 10-inch baking dish that has been sprayed with cooking oil spray. Bake, uncovered, at 350 degrees (F) for 40 minutes, stirring after 20 to 30 minutes. You may bake this up to an hour, if you like the sauce thicker and browner. Remove from oven and serve immediately. Enjoy! --Betty ☐