

## MONDAY RED BEANS, RICE & SAUSAGE

This dish is a customary Monday food item with its roots dating back to the traditional Sunday meal. Ham and sausage was traditionally a leftover from the Sunday meal, and Monday was washday. Hence, a pot of beans could sit on the stove and simmer while the women were busy scrubbing clothes. Although While Monday washdays are largely a thing of the past, this dish remained fairly common throughout South Louisiana. Restaurants continue to offer it as a Monday lunch special, usually with a side order of either smoked sausage or a pork chop. With this recipe, you can enjoy it on Monday and anytime you want a rib-sticking dish.

### Ingredients

- 1 pound dried red beans, rinsed and sorted over
- 3 tablespoons bacon grease
- 1/4 cup chopped salt pork
- 1 1/2 cups chopped yellow onions
- 3/4 cup chopped celery
- 3/4 cup chopped green bell peppers
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Pinch cayenne
- 3 bay leaves
- 2 tablespoons chopped fresh parsley
- 2 teaspoons fresh thyme
- 1/2 pound smoked sausage cut in 2-inch pieces
- 1 pound smoked ham hocks
- 3 tablespoons chopped garlic
- 10 cups chicken or turkey stock
- 4 cups cooked white rice
- 1/4 cup chopped green onions, as garnish



### Directions

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.

In a large pot, heat the bacon grease over medium-high heat. Add the chopped salt meat and cook, stirring, for 1 minute. Add the onions, celery and bell peppers to the grease in the pot. Season with the salt, pepper, and cayenne, and cook, stirring, until the vegetables are soft, about 4 minutes. Add the bay leaves, parsley, thyme, sausage, and ham hocks, and cook, stirring, to brown the sausage and ham hocks, about 4 minutes. Add the garlic and cook for 1 minute. Add the beans and stock or water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)

Remove from the heat and with the back of a heavy spoon, mash about 1/4 of the beans against the side of the pot. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Remove from the heat and remove the bay leaves.

Serve over rice and garnish with sausage pieces and green onions.