

# Recipe for

## Dooky Chase Red Beans & Rice

Submitted by:

Favorite time to make  
and share:

Traditionally on Mondays  
(laundry day) in New  
Orleans

Serves:

Prep time:

Total time:

Oven temp:

### Ingredients:

1 lb red kidney beans	1 lb smoked ham, cubed	1 T black pepper
2 qts + 1 c water, divided	1 lb smoked sausage, ½ inch slices	2 T chopped parsley
1 large onion, chopped	1 T chopped garlic	1 t whole thyme leaves
¼ c vegetable oil	1 bay leaf	2 T salt

### Directions:

Pick through beans, removing all bad beans or any other particles. Wash beans well and soak them overnight in enough water to fully submerge the beans.

The next day, rinse the beans in fresh water and drain. Place beans in 5-quart pot. Add 2 qts of water. Add onions; bring to a boil. Lower heat and let beans boil slowly for 1 hour. When beans are soft, stir well, mashing against the side of the pot.

Heat the oil in a frying pan. Add ham and sausage and sauté for 5 minutes. Combine the ham, sausage, and oil into the beans. Deglaze the frying pan with 1 c of water, then pour into the bean mixture. Add in all other ingredients. Let simmer for 30 minutes. Beans should be nice and creamy. Serve over rice.