

New Orleans Red Beans a la Crockpot

1 pound dried red kidney beans rinsed	1 pound Andouille Sausage, chopped
1 - 4 oz can mild green chilies (optional)	¼ cup vegetable oil
1 envelope Lipton Onion soup Mix	8 cups water
1 - 14.5 oz can of Diced tomatoes (w/ celery, onion, pepper)	
Tony Chachere Creole Seasoning to taste	

Combine all ingredients in medium crockpot and cook on Low (250 degrees F) for 8 -10 hours.
One hour before serving, remove 1 cup of soft beans, mash and stir them back into crockpot.
Serve over warm brown rice with salad and garlic bread.

Compliments of Dr. Catherine Hebert
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