



Red Beans and Rice



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| ¼ tsp Cajun seasoning | |
| 1 pound dried red kidney beans | 1 Tbsp sugar |
| ½ cup dried parsley | 1 chopped onion |
| ¼ cup oil | 1 chopped bell pepper |
| 1 tsp garlic | 2-3 stalks celery, chopped |
| ¼ tsp cayenne pepper | 2 tsp salt |

Soak beans in water overnight. Drain and rinse. Place beans in crock pot with all ingredients. Stir and cover with water. Cook on LOW all day. Stir the beans often, getting them nice and creamy and mashing them up a little bit. On your stovetop, sauté some chopped sausage until nicely browned. Add sausage to beans, stir and serve over rice.



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