Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories from Fat 54Calories 251

% Daily Values\*

Total Fat 6.03g 9%

Saturated Fat 2.094g 10%

Polyunsaturated Fat 0.916g

Monounsaturated Fat 2.648g

Cholesterol 7mg 2%

Sodium 750mg 31%

Potassium 376mg

Total Carbohydrate 40.59g 14%

Dietary Fiber 7.6g 30%

Sugars 1.37g

Protein 8.33g

Ingredients

1 pound dried red beans, rinsed and sorted over

3 tablespoons bacon grease

1/4 cup chopped tasso, or chopped ham

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, split in half lengthwise and cut into 1-inch pieces

1 pound smoked ham hocks

3 tablespoons chopped garlic

10 cups chicken stock, or water

4 cups cooked white rice

1/4 cup chopped green onions, garnish

Read more at: http://www.foodnetwork.com/recipes/emeril-lagasse/red-beans-and-rice-recipe2/index.html?oc=linkback

History

When the slave rebellion in Haiti (formerly Saint Domingue) began, many of the rich white sugar planters fled to Louisiana, the other main possession of France in the New World at the time. They brought with them red beans from the Caribbean. Red beans and rice was created in the kitchens of New Orleans' French Quarter. The dish quickly gained in popularity and became a fixture of the cuisine of New Orleans.