



Sausage Beans & Rice

Ingredients:

1 lb. red beans (or pinto beans)
1 lb. hot breakfast sausage (Swaggerty's breakfast sausage)
1 lb. diced ham, optional
1 large onion chopped
1 large bell pepper chopped
garlic diced, if desired
salt to taste
hot sauce, if desired



Instructions:

Wash and rinse the beans. Cover with water until water is two inches above the beans. Bring to a boil and boil for 10 minutes. Remove from heat and soak overnight on the stovetop. (Only water should be added to the beans if soaking at room temperature, NO MEAT!)

Next day: Scramble and brown the breakfast sausage. Remove the sausage from the skillet, then add onion and peppers, cooking them in the sausage drippings. Mix all ingredients with the presoaked beans (excluding hot sauce) and cook over medium heat until the beans are tender.

Watch closely and add water as needed. Serve on a bed of rice. Add hot sauce to taste.



Slow Cooker: A crockpot can be used to finish cooking beans with other ingredients, but it could take 10-12 hours.



Instant-pot: Cook beans and remaining ingredients in an instant-pot on multigrain setting. Highest pressure for 38 minutes.