

NEW ORLEANS-STYLE RED BEANS

1 lb Small Red beans	2-3 T soy sauce
2 c onion, minced	1½ t ground coriander
6 green onions, chopped	1 t ground cumin
1 green bell pepper, seeded & chopped	½ t each:
1 c fresh parsley, chopped	ground turmeric
1 stalk celery, chopped	dried oregano
4 cloves garlic, chopped	dried thyme
½ c tomato paste	liquid smoke
1 large bay leaf	Pinch of cayenne pepper

Soak beans in enough water to cover for at least 8 hours. Drain and rinse. Place the beans in a large, heavy pot with enough water to cover with the rest of the ingredients. Bring to a boil, simmer for 3 minutes, reduce heat to low and cover. Simmer for about 2 hours or until the beans are soft and the liquid is creamy. Taste and adjust for salt, pepper and liquid smoke. Serve over steamed rice with Cajun hot sauce on the side.

Serves 8.

Calories: 184, Carbohydrate: 34 grams, Protein: 11 grams, Fat: trace.