

Lynn demonstrates how to make a quick and easy Crock Pot Red Beans and Rice. This is a great dinner idea.

Ingredients:

- 1 pound red beans, rinse, pick out any bad beans or debris, and soak overnight
- 7 cups water
- 1 green bell pepper, shopped
- 1 medium onion, chopped
- 3 celery stalks, chopped
- 3 garlic cloves, chopped
- 2 bay leaves
- 2 cans chicken broth
- 1-1/2 pounds sausage, cut into rings
- 2 Tablespoons Creole Seasoning
- Hot cooked rice

Combine all ingredients, except rice and cook in a Crock Pot on high for 7 hours. Serve over hot cooked rice.

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Lynn's Recipes: March 2013 www.lynnsrecipes.com

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