

## Red Beans & Rice

Beans and rice are eaten daily around the world. Here is a simple recipe to try at home.

*Serves 5-6*

### Ingredients:

- 2 cups dried red beans
- 1 quart water
- 1 large onion, chopped
- 1 bay leaf
- pepper, to taste
- salt, to taste
- 1 tablespoon of vegetable oil
- 3 cups rice

### Method:

1. Soak the beans overnight in cold water; drain.
2. Heat the beans in about a quart of water, add all ingredients except salt, and boil for at least 2 hours.
3. When beans are tender, mash them up with a tablespoon of oil.
4. Serve on boiled rice.

