

Southern Red Beans

1 pound dry red beans
2 stalks celery
2 small onions
6 cloves garlic
4 ounces lean ham
2 quarts water
2 bay leaves
 $\frac{3}{4}$ teaspoon salt
1 teaspoon black pepper

Makes 8 portions, 1 cup each

Per portion

Calories:	236
Carbohydrate:	39 grams
Protein:	16 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	5 milligrams
Sodium:	422 milligrams
Dietary fiber:	10 grams

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1. Pick through beans to remove bad beans. Rinse thoroughly.
 2. Wash and chop celery.
 3. Chop onion and garlic.
 4. Chop ham.
 5. In 5 quart pot, combine beans and remaining ingredients. Bring to boil and reduce heat.
 6. Cover and cook over low heat, for about 2 to 3 hours or until beans are tender. Stir and mash some of the beans against side of pan.
 7. Cook, uncovered, over low heat until creamy, about 30 minutes. Add 1 cup of water if bean mixture is too thick. Remove bay leaves.
 8. Serve over hot cooked rice if desired.