



**WATCH THE GRILL SERGEANTS EVERY MONDAY
AT NOON EST**

"Red Beans & Rice"

1 lb	red beans, canned
1/2 lb	sausage
1 ea	onion, chopped
2 cloves	garlic, finely chopped
2 tbsp	celery
1 tbsp	parsley
1 ea	bay leaf
To taste	salt and pepper
2 tsp	crushed red pepper
2 tsp	cayenne pepper
	chicken stock

Brown sausage in pan. Saute onions, celery, and garlic with meat. Add beans, bay leaf and stock. Simmer 25-30 minutes. Season to taste and simmer until beans start to thicken. Adjust taste and serve over white rice.