

## Red Beans and Rice

Makes 6-8 servings

### Ingredients

- 1 pound dried red kidney beans
- 2 onions
- 1 bay leaf
- ½ teaspoon freshly ground black pepper
- 3 tablespoons vegetable oil
- 2 green peppers, seeded and diced
- 1 large onion, finely chopped (1 cup)
- 1 teaspoon leaf oregano, crumbled
- 2 teaspoons salt
- 4 cups hot cooked rice (1 ½ cups raw)

### Directions

1. Pick over and wash the beans and place in a deep kettle or Dutch oven. Cover with 2 quarts cold water and let soak in a cool place overnight.
2. Bring to a boil and add the onions, bay leaf, and pepper. Cover and simmer 1 ½ to 2 hours or until the beans are tender. Cooking time depends on age and moisture content of the beans.
3. Meanwhile, heat the oil in a skillet and sauté peppers, onion and garlic until tender but not browned. Add oregano and salt.
4. Drain excess water from beans or evaporate by boiling with cover off. Add sautéed vegetables and reheat. Serve over rice.

## Cornbread

Makes 9 servings

### Ingredients

- 2 cups cornmeal
- ¼ cup sugar
- 2 tablespoons flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups buttermilk  
(in place of buttermilk you can use 1 cup milk and 1 cup sour cream)
- ¼ cup vegetable oil
- 1 large egg

### Directions

1. Preheat oven to 425 degrees. Grease 9-inch square baking pan. In large bowl, combine first 6 ingredients. In medium bowl, whisk buttermilk, oil, and egg until blended; stir into cornmeal mixture just until moistened.
2. Pour batter into prepared pan. Bake 20 to 25 minutes or until golden and toothpick inserted in center comes out clean. Cut corn bread into 9 squares.