Red Beans and Rice

Ingredients

- 1 can red beans
- garlic
- onion
- celery
- bell pepper
- carrots (optional)
- bay leaves
- thyme
- oregano
- red pepper flakes
- ground black pepper
- tabasco sauce
- salt
- rice

Steps

1. Add beans to large pot/saucepan with a little bit of water.
2. Meanwhile, cook rice normally.
3. Add garlic, onion, celery, and bell pepper.
4. Bring to a boil and simmer, covered, for 15ish minutes.
5. Add spices along the way.
6. Keep cooking until beans are very tender and mushy, or even falling apart.
7. Add tabasco sauce to taste. Sprinkle in salt last.

Notes

Can also add sausage. Good with coconut rice.