Red Beans

One quart of Chicken Stock.

Two Tablespoons of Cajun Seasoning.

One Cup of Chopped Celery.

One Cup of chopped Onion.

One chopped jalapeno.

One Clove of chopped Garlic.

Two tomatoes peeled and chopped.

Two bay leaves.

One sprig of Thyme.

Two dried sage leaves rubbed.

4 cups of Dry Red Beans

1. Soak the beans overnight in water.
2. The next day, rinse the beans with water and add to a crock pot that contains all the above spices and vegetables. Put the beans and chicken stock in last. If the stock does not cover the beans, add enough water so that they are completely covered and have at least two to four extra inches above the beans.
3. Set crock to cook at high for about four hours, then turn to low for an additional two hours or until the beans are soft and can be easily smashed with a spoon. More liquid can be added if they cook dry during the process.
4. Adjust the seasonings as needed.
5. Remove bay leaves and thyme sprig.