



Red Beans & Rice

(should serve about 12-15 hungry chaps)

1-1/2 lbs onions, chopped

5 garlic cloves crushed

2oz olive oil

6 tins beans (kidney/pinto/black)

2 large peppers (red and green look nice together) sliced thinly

2 tins sweetcorn

1 hand full chopped parsley

Salt and pepper to taste

2lbs rice

PREPARATION:

1. Sauté onion, peppers and garlic in olive oil in stock pot until tender, about 10 minutes.

Add beans and sweetcorn.

2. With your rice, and your water ready to go, put it on the stove, and bring to the boil, two minutes is sufficient at a simmer. Now turn off the heat and leave it alone, about 30 minutes later, hey presto, perfect rice.

3. Mix all the ingredients together, and garnish with fresh parsley. Guacamole or sour cream is a great accompaniment to this dish.