

**Red Beans and Rice**  
By Rebecca Beasley

1 lb pinto beans  
1 lb browned and drained hamburger  
1 lb Eckrich sausage, cut into 1/2 inch pieces  
1 diced garlic clove  
1/2 white onion, diced  
Sliced or diced jalapenos (optional)  
1 – 2 cups rice uncooked  
Cornbread mix

Blanch beans or soak overnight; then rinse well before putting in 6 qt crock pot. Add browned hamburger meat. Add sausage, onions, garlic and jalapenos. Add water to crock pot to just below top to avoid boiling over. Turn crock pot on high if you will be around while cooking or low if you will be gone most of the day. Cook rice according to directions; make pan or cornbread. When beans are done, ladle over rice.