

# Kidney Beans

As we've shared before, everyone needs at least one good recipe for beans. We've shared Nana's traditional pinto beans recipe, and this is a common favorite as well. The kidney beans are used, because this recipe was originally used when we made Cajun meals, but you could easily add jalapenos or green chilis and serve it with other meals.

## Ingredients

2 pounds dried kidney beans, rinsed  
1 large ham bone or 4 slices raw bacon  
2 quarts water  
1 tablespoon salt  
4 cloves garlic, minced  
1 tablespoon Worcestershire  
1 teaspoon black pepper  
1 teaspoon cayenne pepper  
½ chopped onion



## Instructions

- ❖ Starting with the beans, add all ingredients into a Dutch oven or electric slow cooker.
- ❖ Cover and set the oven temperature to 250 degrees Fahrenheit or low on a slow cooker. Cook for five hours or until the beans are tender.
- ❖ Adjust your seasoning as needed.

  
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"O taste and see that the LORD is good: blessed is the man that trusteth in him."  
Psalm 34:8