



wyes  PBS

White Beans and Shrimp

Gregg Avila

Team Mudda Roux

1 lb dry Great Northern beans
1 large onion, chopped
3 stalks celery, diced
1 bell pepper, chopped
1 large jalapeno pepper, seeded and chopped
3 garlic cloves, chopped
4 bay leaves
¼ cup chopped parsley
8 oz pickled pork
2 Tbsp olive oil
1 lb smoked sausage
1 lb 36-40 count shrimp, peeled, deveined and butterflied
1 bunch green onions, chopped
Creole seasoning
Salt and pepper

In a large bowl, rinse and drain the beans. Add the onion, celery, bell pepper, jalapeno, garlic, bay leaves, parsley and pickled pork. Add water just to cover the ingredients and soak overnight in the refrigerator.

The next day add the olive oil and the sausage to the pot you will use to cook your beans in and fry the sausage until browned. When done, add the beans to the pot then add water to cover the ingredients by about 1 ½ inches. Bring to a boil, cover and cook about 30 minutes, stirring occasionally. Reduce the heat and simmer, covered, for about 1 ½ hours or until the beans are soft and creamy.

Add the shrimp and green onions. Cook until the shrimp turn pink, about 10 minutes. Season to taste with Creole seasoning, salt and pepper. Remove the bay leaves. Serve over cooked rice.