

Spearhead "Red Beans And Rice"

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I don't eat red meat but I'm not a vegetarian
I like ice cream but not much dairy
'Cause it gets in my nose, it makes me gotta blows
Snot like a farmer and it gets on my clothes

It's rather unsightly, can even be frightening
But cold medication should not be taken lightly
Because everything that I put in, it comes out again
And if I eatin' lean it helps me stay thin

So check out my hair, I keep it dreaded
About my corn, I like it breaded
Hot from the oven, mmmm, you said it
Straight to the stomach, 'cause my fuel is unleaded

But not fossil fuels, I like olive oil
I like my eggs scrambled and I'll never eat 'em boiled
The way to my heart is with a garlic clove
It smells hella sexy when it's on the kitchen stove

But, red beans and rice, red beans and rice, red beans
and rice
I could eat a plate twice
Red beans and rice, red beans and rice, red beans and
rice
Make everything nice, so nice, so nice, so nice, so nice

Well, yes, most people on the planet eat beans and rice
They can't afford beef or they think cows are nice
If you talk table manners, don't believe all they told ya
I eat with my fingers like an African soldier

I don't know which fork is for meat or for salad
I haven't got a clue when they say, whet your palate
Eat a lot a prunes, it'll keep you loose
Your skin'll turn orange if you drink carrot juice

I think beef jerky tastes, just like a boot
When I'm on the street I chew a licorice root
And if I have a sore throat then I eat ginger
And I will break bread with those who are strangers

So come into my cave, tonight I will show you
That food is for life and life I will show you
If you're havin' problems, I invite you here
Step into my kitchen, we will cook away your fears

But, red beans and rice, red beans and rice, red beans
and rice
I could eat a plate twice
Red beans and rice, red beans and rice, red beans and
rice
Make everything nice, so nice, so nice, so nice, so nice

Amazing Grace, how sweet the sound
That saved a wretch like me
Dammit let's eat!
Mi casa es su casa Mi cocina es su cocina
You know what I mean

Get some boilin' water, yeah
Get a pound of beans, yeah
Get some spice and make it nice, yeah
You know what I mean

But if a friend has gas, then he's passin'
It gives me a headache and I gotta take Aspirin
It makes me dizzy, I fix him fizzies
To calm his stomach when it's feelin' kinda busy

But some like it white, but I like it brown
I like spicy chicken and I can throw it down
Well chilies come red and chilies come green
And when it's on the table, I will lick my plate clean

But then I drink a toast to the host and hostess
But first we give thanks to God the mostest
'Cause if I am a guest, I always wash my plate
I sip a, sip a soda, while I sing Amazing Grace

Rings on my fingers, left round the tub
The bass fulla bubbles, bumpin' like a wash tub
Think about my troubles goin' down the drain
Dryin' up the puddles in the back of my brain

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and rice
I could eat a plate twice
Red beans and rice, red beans and rice, red beans and
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Make everything nice

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