

Spearhead, Red Beans & Rice

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 nightly
because everything dat I put in/ it comes out again
and if I eat lean/ it helps me stay thin
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 my fuel is unleaded
But not fossil fuels/ I like olive oil
I like my eggs scrambled/ I 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

[chorus]

Red beans and rice, red beans and rice, red beans and rice,
make everything nice
red beans and rice, red beans and rice, red beans and rice
I could eat a plate twice. So nice. So nice. So nice.

Most people on the planet/ eat beans and rice
some 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
skin'll turn orange if you drink carrot juice
I think beef jerky tastes like a boot
when I'm on the street I chew a licorice root
and if I have a soar 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
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

[chorus]

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!

[bridge]

get some boilin' water! Yeah!
get a pound aof 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 end I gotta take aspirin
it makes me dizzy/ I fix him fizzies
to calm his stomach/ when it's feelin kinda
busy some like it white/but I like it brown
I like spicy chicken/ and I can throw it down
chilis come red /and chilis come green
when it's on the table/ I lick my plate clean
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
sip a sip a soda while I sing Amazing Grace
rings on my fingers /left round the tub
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
But...

[chorus]

[bridge]