

# Brazilian Rice and Beans with Sausage

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-sausage-rice-recipe>

## Ingredients:

- 2 tablespoons oil
- 1 pound smoked sausage sliced
- 1/2 cup green onion chopped
- 3 cloves garlic minced
- 1 cup rice uncooked
- 2 cups chicken broth
- 14 ounces pinto beans drained and rinsed
- salt
- pepper
- 2 bay leaves

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 80 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 12 grams
8. Sodium: 1440 milligrams
9. TransFat: 1.5 grams

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