

# Red Beans and Rice

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-rice-and-beans-recipe>

## Ingredients:

- 1 ham bone with a little meat still on it, or a lot!
- 1 bag red beans small dried, about two cups or so
- 1 small onion chopped
- 2 cloves minced garlic
- 2 teaspoons seasoned salt
- 1 teaspoon salt each of, and pepper
- 1 dash cayenne pepper or more to taste\*
- 1 cup smoked sausage or so of, sliced, can just use weenies if you like
- 1 bay leaf optional
- rice cooked according to package directions

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 125 milligrams
4. Fat: 53 grams
5. Protein: 28 grams
6. SaturatedFat: 18 grams
7. Sodium: 2570 milligrams
8. TransFat: 2.5 grams

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