

Easy Classic Cajun Dirty Rice with Sausage

Yield: 6 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon bacon grease can substitute olive oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 2 cloves garlic minced
- 1 pound Italian sausage ground, not the links
- 1/2 pound chicken livers finely chopped or ground
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons Creole seasoning or Cajun
- 3 cups cooked rice
- 1/4 cup chopped parsley plus additional for garnish

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 190 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 10 grams
8. Sodium: 990 milligrams
9. Sugar: 2 grams

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