

Mardi Gras Dirty Rice with Red Beans

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 1 pound hot sausage
- 1/2 lean ground beef
- 1 can red kidney beans drained and rinsed
- 1 bell pepper large, diced
- 1 tablespoon garlic minced, or grated fresh
- 1 onion large, diced
- 3 celery stalks diced
- 1 teaspoon dried thyme
- 2 teaspoons paprika
- black pepper
- salt
- red chili flakes to taste
- 1 diced tomatoes 15oz
- 1 tablespoon worcestershire sauce
- 1 dash hot sauce to taste
- 2 tablespoons fresh parsley minced
- 6 cups rice cooked cool/cold

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 95 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 11 grams
8. Sodium: 900 milligrams

9. Sugar: 2 grams

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