

Louisiana Red Beans & Rice

Yield: 4 min
Total Time: 180 min

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

Ingredients:

- 1 pound red beans dry
- 2 tablespoons cooking oil
- 14 ounces andouille sausage
- 1 yellow onion medium,
- 1 green bell pepper large,
- 3 rib celery
- 4 cloves garlic
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- 2 bay leaves
- 6 cups water
- 1/4 cup chopped parsley
- 1 tablespoon salt
- 3 sliced green onions garnish, optional
- 1 1/2 cups long grain rice uncooked,

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 133 grams
3. Cholesterol: 70 milligrams
4. Fat: 36 grams
5. Fiber: 20 grams
6. Protein: 47 grams
7. SaturatedFat: 9 grams

8. Sodium: 2450 milligrams
 9. Sugar: 5 grams
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