

Southern Red Beans and Rice

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 pound red beans See Note 1
- 1 ham bone large
- 1 pound smoked sausage andouille preferred sliced
- 1/2 pound cubed ham
- 1 onion diced
- 3 stalks celery chopped
- 1 green bell pepper diced
- 3 garlic cloves minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Tabasco or favorite hot sauce
- 2 bay leaves
- 1 tablespoon Creole seasoning
- 1 teaspoon red pepper flakes
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 3 cups cooked rice
- chopped parsley for garnish, optional

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 150 milligrams
4. Fat: 56 grams
5. Fiber: 19 grams
6. Protein: 63 grams
7. SaturatedFat: 19 grams
8. Sodium: 3290 milligrams
9. Sugar: 5 grams
10. TransFat: 2.5 grams

Thank you for visiting our website. Hope you enjoy Southern Red Beans and Rice above. You can see more 18 quick southern red beans and rice recipe Unlock flavor sensations! to get more great cooking ideas.