

Southern Red Beans & Rice

Yield: 4 min

Total Time: 700 min

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

Ingredients:

- 2 pounds red beans dry, (I like to use 1 pound of kidney beans and 1 pound of small red beans)
- 1 large onion
- 1 ham bone
- 2 pounds smoked sausage
- salt
- pepper
- garlic powder
- rice for serving

Nutrition:

1. Calories: 1930 calories
2. Carbohydrate: 148 grams
3. Cholesterol: 240 milligrams
4. Fat: 102 grams
5. Fiber: 35 grams
6. Protein: 106 grams
7. SaturatedFat: 34 grams
8. Sodium: 3970 milligrams
9. Sugar: 6 grams
10. TransFat: 4.5 grams

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