

Southern Dirty Rice

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/white-rice-pilaf-recipe-southern-living>

Ingredients:

- 1/4 pound chicken gizzards rinsed
- 1/2 pound chicken livers rinsed and trimmed
- 1 tablespoon vegetable oil
- 1 onion finely chopped
- 3 cloves garlic minced
- 2 cups white rice uncooked
- 4 cups chicken broth
- salt to taste
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 cup sliced green onions thinly

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 130 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 1 grams
8. Sodium: 170 milligrams
9. Sugar: 1 grams

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