

Louisiana-Style Red Beans and Rice

Yield: 6 min
Total Time: 65 min

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

Ingredients:

- 1 onion large, diced small
- 3 teaspoons olive oil
- 1 tablespoon minced garlic
- 1 tablespoon Creole seasoning Tony Chachere's, or other Creole seasoning of your choice
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- black pepper
- salt
- 4 cups small red beans cooked, or use 3 cans red beans, rinsed and drained and add 1/2 cup more chicken stock
- 3 cups ham diced lean, or Louisiana Hot Sausages, dice into pieces about the size of the cooked beans
- 3 cups homemade chicken stock or canned chicken broth
- 1 tablespoon worcestershire sauce
- 1 teaspoon Tabasco Green Pepper Sauce or use a smaller amount of red Tobasco
- 3 bay leaves
- 1 teaspoon red wine vinegar
- 3 cups cooked white rice for serving, Use Uncle Bean's Converted Rice for South Beach Diet.

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 70 milligrams
4. Fat: 15 grams
5. Fiber: 22 grams
6. Protein: 53 grams

7. SaturatedFat: 4 grams
 8. Sodium: 1820 milligrams
 9. Sugar: 6 grams
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