

# Brown Rice Pilaf with String Beans and Bacon

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-recipe-bacon-wrapped-string-beans>

## Ingredients:

- 1 pound brown rice approx 2 cups of
- 3 cups broth [0.71 lt] of unsalted, your choice
- 1 pound bacon chopped, see notes
- 3 tablespoons vegetable oil canola, peanut or corn
- 2 tablespoons olive oil
- 1 onion large, 1/2 lb[0.22 kg], minced
- 1 pound string beans approx 2 cups of, chopped
- 1 1/2 teaspoons salt
- 2 tablespoons chopped parsley

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 50 milligrams
4. Fat: 48 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 13 grams
8. Sodium: 1620 milligrams
9. Sugar: 3 grams

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