

Louisiana Red Beans and Rice

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-beef-sausage-recipe>

Ingredients:

- 3 celery ribs
- 1 medium onion
- 2 green peppers
- 2 tablespoons minced garlic
- 1/4 cup bacon fat butter or oil will work too
- 2 teaspoons Cajun seasoning Like Tony's
- 1 pound ground beef
- 4 cans kidney beans
- 14 ounces beef sausage
- 2 cups broth beef or chicken
- 8 cups cooked rice

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 85 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 13 grams
8. Sodium: 720 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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