

# Boudin

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-chicken-liver-recipe>

## Ingredients:

- 2 pounds pork shoulder cut into 1-inch pieces
- 1 rib celery, diced
- 1 yellow onion medium, chopped
- 4 cloves garlic minced
- 1 bell pepper seeds and stem removed, chopped
- 1/2 pound chicken livers
- 2 cups cooked rice
- 2 seeds jalapeños, and stems removed, chopped
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 2 green onions chopped, green part only
- 1/2 cup parsley finely chopped
- black pepper
- salt
- cayenne
- 4 feet hog casing, sized 32/35mm
- 1 tablespoon vegetable oil
- A sausage stuffer A, stuffer

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 420 milligrams
4. Fat: 43 grams
5. Fiber: 3 grams
6. Protein: 78 grams
7. SaturatedFat: 13 grams
8. Sodium: 640 milligrams

9. Sugar: 2 grams

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