



#MakeItGAP

RECIPES

LOUISIANA DIRTY RICE

YIELD: 6 Servings

INGREDIENTS:

- 1 lb. ground beef
- 1 lb. ground pork sausage
- 4-5 cups cooked rice, prepared with chicken broth
- 2 cups chicken broth
- 3/4 cup diced green bell pepper
- 3/4 cup diced yellow onion
- 1/4 cup celery, diced
- 1/4 cup flour
- 1 Tbsp. bacon grease or cooking oil
- 3 bay leaves
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. dried oregano
- 2 tsp. dried thyme
- 2 tsp. minced garlic
- 1 1/2 tsp. salt
- 1 tsp. chili powder
- 1/2 tsp. ground black pepper
- 1/4 tsp. cayenne pepper

PREPARATION:

In a large skillet, heat bacon grease or cooking oil. Add ground beef and sausage and brown. As meat begins to brown, add diced bell pepper, onion and celery.

When meat is fully browned, stir in herbs and spices except for parsley. Mix well. Add flour. Mix well again, making sure the flour coats the meat.

Add broth and bay leaves. Scrape the bottom of the pan to loosen any of the browned bits from the pan. Allow to simmer 5-8 minutes.

Fold in rice and parsley. Simmer for 5 more minutes. Serve.

Recipe adapted from southerndiscourse.com