

Dirty Rice

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

1 ½ HOURS | SERVES 8

INGREDIENTS

- 1½ cups uncooked brown rice
- 3¼ cups low-sodium beef broth
- 1 bay leaf
- 2 tablespoons safflower oil (or another high-heat cooking oil)
- 1 pound mild turkey or chicken bulk sausage or links with casings removed
- ¾ pound chicken livers, finely chopped
- 1 large onion, diced
- 3 celery ribs, diced
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼ teaspoon cayenne
- 4 green onions, thinly sliced

DIRECTIONS

1. In medium saucepan, add rice and beef broth and bring to a boil over high heat. Once boiling, stir and reduce heat to low and add bay leaf. Cover and simmer ~45 minutes, until rice is tender and most liquid is absorbed. Remove bay leaf. While rice cooks, move on to step 2.
2. In large heavy pot, heat oil over medium-high heat. Add sausage, chicken livers, onion, celery, and green pepper. Cook, stirring frequently, about 10 minutes or until vegetables are soft and meat is lightly browned. Add garlic, salt, pepper, oregano, thyme, and cayenne and stir frequently, about 2–3 minutes more. Mix in cooked rice. Serve with green onions sprinkled on top.

NUTRITION FACTS

281 calories, 12g fat, 3g saturated fat, 620mg sodium, 20g carbohydrate, 2g fiber, 2g sugar, 23g protein