



Dirty Rice

A well known dish with a healthier twist.

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 ml
1 each	Onion, diced small	1 each
1/2 each	Green Bell Pepper, diced small	1/2 each
1 stalk	Celery stalk	1 stalk
1/4 lb (4oz)	Ground Beef, 90/10	115 g
1 cup	Brown Rice	113 g
2 1/2 cups	Vegetable Stock or Water	590 ml
3/4 tsp	Kosher Salt	4.5 g
1 Tbsp	Salt-Free Creole Seasoning (see recipe)	9 g
2 tsp	Worcestershire Sauce	10 ml

Preparation:

1. Gather all ingredients and equipment.
2. Heat a medium sauce pot over medium high heat and add the oil. When the oil is hot, add the onions and saute until translucent, then add the bell pepper and celery and saute until soft.
3. Add the ground beef to the vegetables and cook until there is no more pink left.
4. Add the remaining ingredients to the pot and bring to a boil. Once boiling, cover, reduce the heat, and let simmer on low heat until rice is tender and all liquid is absorbed, about 35-45 minutes.

Nutrition Facts

8 Servings

Serving size 1/2 cup

Amount per serving

Calories 140

Calories from Fat 35

Total Fat 4 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 10 mg

Sodium 210 mg

Total Carbohydrate 20 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 155 mg

Phosphorus 85 mg
