

Slow Cooker Creole Pinto Beans and Rice

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/creole-pinto-beans-recipe-southern-at-heart>

Ingredients:

- 1 pound pinto beans
- 1 tablespoon oil EVOO or canola
- 1 cup white onion finely chopped, roughly half a large onion
- 2 ribs Celery, chopped
- 2 cloves garlic minced
- 2 sausage links *, sliced
- 2 tablespoons Creole seasoning Blend**
- 3 cups chicken stock
- water
- salt
- pepper
- Tabasco Sauce optional

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 115 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 10 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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