



Ingredients

Seasoning Mix

- ✓ 2 bay leaves
- ✓ 1 1/2 teaspoons salt
- ✓ 1 teaspoon black pepper
- ✓ 1 teaspoon paprika
- ✓ 1 teaspoon dried mustard
- ✓ 1 teaspoon ground cumin
- ✓ 1/2 teaspoon dried thyme leaves
- ✓ 1/4 teaspoon cayenne pepper

Remaining Ingredients

- ✓ 2 tablespoons canola oil
- ✓ 1 pound ground protein and 1/2 pound shrimp
- ✓ 1 cup chopped onions
- ✓ 1/2 cup chopped celery
- ✓ 1/2 cup chopped green bell pepper
- ✓ 1/4 cup chopped green onions
- ✓ 1 garlic clove, minced
- ✓ 1 cup brown rice
- ✓ 2 1/2 cups chicken broth

Dirty Rice

While I am more than happy to feed the thrillerkittens chicken livers, I am not a fan. While most traditional Dirty Rice recipes have this (um) delicacy to thicken and flavor, I do not. You're welcome. This modified version is delicious, spicy, flavorful, and can be made with any ground protein you like. A wonderful cold weather comfort food dinner...

Directions

1. In a small bowl, thoroughly combine seasoning mix; set aside
2. In a large saucepan, sauté onions, celery, bell peppers, green onions and garlic
3. Add protein, season meat with salt and pepper. Cook, stirring frequently, until browned
4. Add seasoning mix, stir well
5. Add rice and chicken broth; bring to a boil.
6. Reduce heat to low, cover and simmer, stirring occasionally, until rice is tender and most of the liquid is absorbed, 15-18 minutes depending on rice recipe.
7. Add shrimp, cook for five more minutes until shrimp are pink (I cook my shrimp on the side with a few spices and add them for a few minutes only)
8. If necessary, add more chicken broth and cook a few more minutes until rice is tender.
9. Fluff with a fork, adjust seasonings if necessary and serve.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.