

# Dirty Brown Rice with Shrimp

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## **Ingredients**

1 1/2 cups uncooked brown rice  
chicken bouillon cube  
2 bay leaves, divided  
1/8 + 1/4 tsp cayenne, divided  
1/8 + 1/2 tsp paprika  
1/8 + 1/2 tsp thyme  
1 tsp oil  
1 onion, diced  
2 celery, diced  
1 green pepper, diced  
1 clove garlic, minced  
1/2 lb 96% lean ground beef or Cajun sausage  
salt and fresh pepper, to taste  
1 lb medium shrimp, peeled and deveined  
2 scallions, chopped

## **Directions**

Cook brown rice according to package directions in water along with a chicken bouillon, 1 bay leaf and 1/4 tsp salt and 1/8 each of salt, cayenne, paprika and thyme.

When the rice is almost done cooking, heat a large heavy saucepan on medium-low heat. Add the oil, onions, green pepper, celery, bay leaf and garlic. Sauté on medium-low heat until soft, about 5 minutes. Add beef, salt, black pepper, remaining paprika, thyme and cayenne pepper. Sauté until browned, about 10-15 minutes; add shrimp, cover and cook 5 more minutes.

When the rice is done, toss with beef and shrimp and combine well. Top with scallions and serve.

Makes 6 1/2 cups.