

Cajun Beef and Rice – From the Taste of Home Diabetic Cookbook  
Recipe came from Raquel Haggard of Edmond, OK

4 servings

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1 pound of ground beef (as lean as you can get)  
3 finely chopped celery ribs  
1 finely chopped green pepper  
1 finely chopped red or orange pepper  
1/4 cup of finely chopped onion  
2 cups of water  
1 cup of instant brown rice  
1 tablespoon of parsley  
1 tablespoon of Worcestershire sauce  
2 teaspoons of reduced-sodium beef bouillon granules  
1 teaspoon of Cajun seasoning  
1/4 teaspoon of crushed red pepper flakes  
1/4 teaspoon of pepper  
1/8 teaspoon of garlic powder

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Directions:

In a large skillet, cook the beef, celery, peppers, and onion powder over a medium heat for about 8-10 minutes. Break the beef into crumbles. Drain the grease.

Stir in the remaining ingredients, and bring it to a boil. Reduce the heat and simmer, covered for 12-15 minutes or until the rice is fully cooked.



## Shopping List – Cajun Beef and Rice

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- ground beef (as lean as you can get)
- celery
- green pepper
- red or orange pepper
- onion
- instant brown rice
- parsley
- Worcestershire sauce
- reduced-sodium beef bouillon granules
- Cajun seasoning
- crushed red pepper flakes
- pepper
- garlic powder