

Cajun Rice Dressing

From the Kitchen of [Deep South Dish](#)

Ingredients

- 1/2-pound chicken livers, rinsed, trimmed and minced (see note), *optional*
- 1 pound ground beef
- 1 pound ground pork breakfast sausage
- 1/4 cup cooking oil
- 1/4 cup all-purpose flour
- 1-1/2 cups chopped onion
- 1 cup chopped green bell pepper
- 1/2 cup chopped celery
- 2 teaspoons minced garlic
- 2 (6 ounce) cans mushroom steak sauce like [Giorgio Dawn Fresh brand](#) {affil link} (see note below for substitute)
- 2 cups beef stock or broth
- 3 cups cooked rice
- 1/4 to 1/2 teaspoon freshly cracked black pepper, or to taste
- 2 teaspoons Creole or Cajun seasoning, or to taste
- Sliced green onion, to garnish, optional
- Hot pepper sauce, for the table

Instructions

1. Preheat oven to 350 degrees F. Butter a 9 x 13 inch baking pan.
2. In a large skillet, add beef, pork and livers. Drain excess fat, if desired.
3. Push meat aside and add cooking oil to center of skillet. Sprinkle in flour and make a caramel-colored roux.
4. Stir in the onion, bell pepper and celery; cook and stir about 5 minutes. Add in the garlic

and cook another minute.

5. Stir in the mushroom steak sauce (or cream of mushroom soup substitute below) and 1 cup of the beef stock.
6. Stir in rice, adding additional beef stock to create a wet, but not soupy dressing.
7. Stir in the Cajun/Creole seasoning, pepper and rice and mix well. Taste and adjust seasonings.
8. Turn out into the buttered baking dish, cover tightly with foil and bake at 350 degrees F for 35-45 minutes, or to desired consistency.
9. Garnish dish with green onion, if desired and serve with hot sauce at the table.

Notes

Mushroom steak sauce can usually be found on the grocery aisle with the canned mushrooms. If you can't find the mushroom steak sauce, substitute a can of cream of mushroom soup with a splash of Kitchen Bouquet and/or a teaspoon of Better Than Bouillon beef base in a pinch.

If using livers and/or gizzards place them in a saucepan, cover with water and bring to a boil. Reduce heat and simmer for about 20 minutes; set aside to cool. Once cooled, pulse the giblets in a food processor until finely minced. May also omit and substitute a couple of links of raw sausage (like fresh, un-smoked andouille or boudin), ground beef, or any combination as desired. If you use a spicy raw sausage, taste before adding any Cajun/Creole seasoning. As always, taste, add a little, then taste and adjust. Jalapeno peppers may be substituted for the sweet bell pepper.

Sweet Farre Dressing: Add 1-1/2 cups shredded raw sweet potato with the vegetables and cook down.

Cajun Farre Loose Meat Sandwich: Prepare the dish, including the livers, all the way up to the point of adding the rice but omit the rice, and do not bake. Instead, let mixture simmer on the stovetop for 30 minutes to 1 hour, stirring regularly. Spoon the meat mixture onto warmed

po'boy bread or pistolette rolls and serve as sandwiches.

Oyster Rice Dressing: Reduce beef and pork by half. Omit mushroom steak sauce and substitute chicken or seafood stock. Drain 1 pint oysters, reserving liquid, chop oysters and add liquor with the chicken broth. Stir in oysters with rice, transfer to baking dish and bake as above.

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