



Cajun Sausage and Rice Skillet

SERVING: 3/4 CUPS
YIELD: 6

PREP TIME: 5 MINS
TOTAL TIME: 35 MINS

Ingredients

- Cooking Oil Spray
- 13 oz. Turkey Smoked Sausage (Hillshire Farm)
- 1 medium Bell Pepper
- 1 (15oz) can Fire Roasted Diced Tomatoes
- 1 cup Instant Brown Rice
- 1 cups Water
- 1/2 tsp Better Than Bouillon Seasoning Base
- 4 bulbs Green Onions, sliced

Seasonings

- 1-1/2 tsp Smoked Paprika
- 1 tsp Dried Oregano
- 1 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Black Pepper

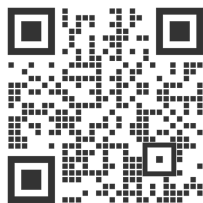
Directions

1. Slice the sausage into 1/4 inch thick slices. Add cooking oil spray and sausage to a deep skillet and sauté over medium heat until the sausage is well browned. Don't worry if the sausage begins to brown on the bottom of the skillet. That's extra flavor that will cook into the rice later.
2. Chop bell pepper. Once the sausage is browned, add the bell pepper to the skillet and continue to sauté for about one more minute.
3. Add the spices (smoked paprika, oregano, thyme, garlic powder, onion powder, and cayenne pepper) to the skillet with the sausage and bell pepper. Continue to sauté for one minute more to toast the spices.
4. Add the fire roasted diced tomatoes (with juices), rice, and broth to the skillet. Stir to combine and dissolve any browned bits off the bottom of the skillet.
5. Place a lid on the skillet and allow the broth to come to a full boil. Once it reaches a boil, turn the heat down to medium/low and let the skillet simmer for 20 minutes. After 20 minutes, remove the skillet from the heat and let it rest, with the lid on, for an additional 5 minutes.
6. After the skillet has rested, remove the lid, and fold the sausage and rice to redistribute the rice and sausage throughout. Top with sliced green onions and serve!

Nutrition Facts

6 servings per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 840mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.7mg	10%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Cost information includes lower cost ingredients found at local grocery store 04/17/23.



Cost Per Recipe

\$8.41

Cost Per Serving

\$1.40



Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Total Carb. 3g	1%
Sat. Fat 1.5g	8%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholest. 35mg	12%	Protein 8g	
Sodium 500mg	21%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

Serving Size 2 oz. (56g)
Servings Per Container about 7
Calories 100
Fat Cal. 50
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	25%	Total Carb. 3g	1%
Sat. Fat 5g	25%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholest. 35mg	12%	Protein 7g	
Sodium 530mg	22%		
Vitamin A 4% • Vitamin C 0% • Calcium 2% • Iron 4%			

Serving Size 2 oz. (56g)
Servings Per Container About 7
Calories 180
Fat Cal. 140
*Percent Daily Values (DV) are based on a 2,000 calorie diet.



Nutrition Facts	
9 servings per container	
Serving size 1/2 cup (44g)	
Amount per serving	
Calories 160	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 62mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Nutrition Facts	
192 Servings per Container	
Serving Size 1/4 tsp (1g)	
Amount per serving	
Calories 0	
% DV*	
Total Fat 0g	0%
Sodium 320mg	14%
Total Carb. 0g	0%
Protein 0g	
*%DV = % Daily Value	



Nutrition Facts	
18 servings per container	
Serving size 1/2 cup (44g)	
Amount per serving	
Calories 170	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3mg	15%
Potassium 12mg	0%
Thiamine 0.4mg	35%
Niacin 4mg	25%
Folate 205mcg DFE (120mcg folic acid)	50%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

