

Turkey Kielbasa Skillet

Ingredients

1 tablespoon canola oil
7 ounces smoked turkey kielbasa, sliced
1 medium onion, diced
½ cup sliced baby Portobello mushrooms
2 teaspoons minced garlic
½ cup reduced-sodium chicken broth
¾ teaspoon Mrs. Dash Garlic & Herb seasoning blend
1 can (15 ounces) no-salt-added black beans, rinsed and drained
1 package (8.8 ounces) ready-to-serve brown rice
1 cup frozen corn
½ cup chopped roasted sweet red peppers
4 teaspoons minced fresh cilantro

Directions

- In a large skillet, heat oil over medium-high heat. Add kielbasa, onion and mushrooms; cook and stir 4-6 minutes or until vegetables are tender. Add garlic; cook 1 minute longer.
- Add broth and seasoning blend, stirring to loosen browned bits from pan. Bring to a boil; cook 2-3 minutes or until liquid is almost evaporated. Stir in remaining ingredients; heat through.