

Smoked Sausage & Rice One Skillet Meal

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Smoked Sausage & Rice Recipe! For a weeknight meal solution, this Smoked Sausage & Rice One Skillet Dinner Recipe is ready in under 30 minutes!

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| Course | Dinner |
| Keyword | one skillet, quick & easy meal, rice, sausage, sausage recipe, smoked sausage |
| Prep Time | 5 minutes |
| Cook Time | 10 minutes |
| Total Time | 15 minutes |
| Servings | 7 |
| Calories | 437kcal |
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Ingredients

- 1 tbs olive oil
- 1 tbs butter
- 1 lb Hillshire Farms Smoked Sausage sliced ¼-inch thick
- 2 cups broccoli florets
- 1½ cups cooked brown rice - I use minute rice to save time!
- 1 tsp garlic powder
- 1 tsp onion salt
- ¼ tsp pepper
- 1/2 tsp salt
- 1 cup shredded cheddar cheese

Instructions

1. Heat a large skillet over medium-high heat. Add butter and olive oil until melted.
2. Add the sliced smoked sausage and cook for about 5 minutes until sausage begins to brown.
3. Add the broccol and cover. Reduce heat to low and cook about 5 minutes more - stirring occasionally.
4. Add the cooked rice, garlic powder and onion salt to the skillet.
5. Stir well.
6. Add the shredded cheese - stiring well until the cheese is melted.
7. Remove from the heat and serve warm.

Nutrition

Calories: 437kcal | Carbohydrates: 34g | Protein: 15g | Fat: 25g | Saturated Fat: 9g | Cholesterol: 62mg | Sodium: 1158mg | Potassium: 343mg | Fiber: 2g | Vitamin A: 325IU | Vitamin C: 23.2mg | Calcium: 147mg | Iron: 1.7mg