

SAUSAGE AND RICE ONE-POT DINNER

Servings: 5

Ingredients

- 1 red onion, chopped
- 1 sweet red bell pepper, seeded and chopped
- 3 garlic cloves, peeled and sliced into chips
- 1 hot chili pepper (optional)
- 1 lb fresh sausage (such as mild Italian)
- 1 1/2 tsp smoked or regular paprika
- 1 cup long grain white rice
- 2 1/2 cups low sodium chicken stock (if you have white wine, substitute 1/2 cup chicken stock for wine)
- 4 green onions, thinly sliced
- 1 tomato, chopped
- 1/4 cup flat leaf parsley, chopped

Directions

1. In a large, deep skillet over medium heat, saute the onion over medium heat in a little olive oil until translucent. Add the pepper, garlic, and chile, continuing to sauté and stir over medium heat while they cook for about 3 minutes.
2. Squeeze the sausage out of the casings into the pan, breaking it up with a spoon into smaller bits. Continue to saute and stir over medium heat until the sausage has some color to it and is no longer pink.
3. Sprinkle the smoked paprika over your sausage and veggies, stirring to incorporate. Add the rice and continue stirring. At this point, you can add the wine if you are using it or pour in the chicken broth. Give the works a stir.
4. Turn the heat to medium high to bring the mixture to a boil, then back down to low and allow it to simmer. Keep it at a low bubble for 15 - 20 min until the moisture is all absorbed. Give it a good stir.
5. Remove the pan from the heat and gently stir in the chopped tomato, scallion, and parsley. Enjoy!