

Savory Sausage and Rice Casserole



Makes:

8 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Perforated Basket
11" Large Skillet with Cover
medium mixing bowl
7" Santoku Knife

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Recipe:

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Directions:

1. Cook sausage in skillet over medium heat until browned. Drain well using a colander. Carefully transfer sausage to a mixing bowl and set aside.
2. Add celery, green peppers and onions to the skillet and sauté over low heat for approximately 5 minutes.
3. When vegetables become tender crisp, return sausage to skillet with vegetables, add almonds and mix together.
4. Add rice and broth, and mix well. Turn temperature up to medium heat and cover. When Vapo-Valve™ begins to click, turn heat to low and cook for 35 minutes or until liquid is completely absorbed.

Nutritional Information per

▼ Serving

Calories: 313
Total Fat: 13g
Saturated Fat: 3g
Cholesterol: 29mg
Sodium: 321mg
Total 34g
Carbs:
Dietary Fiber: 2g
Sugar: 2g
Protein: 15g