

## 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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1

pound

bulk reduced-fat sausage

(454

g)

1

cup

celery, strung, use Cone #2

(100

g)

1

cup

green pepper, chopped

(150

g)

1

cup

onion, strung, use Cone #2

(160

g)

<sup>1</sup>/<sub>2</sub>

cup

slivered almonds, toasted

(55

g)

1 1/2

cups

uncooked white rice

(293

g)

2

cans

chicken broth, 14.5 ounces each

(858

mL)

### 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 Carbs:**

34g

**Dietary Fiber:**

2g

**Sugar:**

2g

**Protein:**

15g