

Yellow Rice with Pan Roasted Sausage



Makes:

8 servings, as a side-dish; 6 servings, as an entrée with sausage

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
8" Chef's Gourmet Skillet

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Recipe:

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Recipe Description:

Yellow rice is a favorite staple item in many households. It is easy to make this delicious side-dish healthier by adding in your own spice blend and choosing whole grain brown basmati rice. Skip the package spice mix and add homemade or store bought low-sodium stock for better flavor and reduced overall sodium.

1 cup
onion, julienned, use Cone #2
(160 g)
2 stalks
celery, julienned, use Cone #2
1 teaspoon
turmeric
(2 g)
1/2 teaspoon
garlic powder
(1 g)
1/2 teaspoon
ground cumin
(1 g)
2 cups
brown basmati rice, rinsed and drained
(392 g)
4 cups
vegetable or chicken stock
(960 g)
1/2 teaspoon

natural salt
 (3
 g)
 1 cup
 peas, fresh or thawed
 (63
 g)
 6 2-3 ounce
 sausages, fully cooked
 (57 - 85
 g)
 1 cup
 tomato, fresh, chopped
 (180
 g)
 2 scallions, minced

Directions:

1. Heat sauce pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onions and celery and sauté for about 4 - 6 minutes until onions start to soften; stirring occasionally.
2. Add turmeric, garlic and cumin. Stir spices into vegetables to coat and lightly toast spices; being careful not to burn spices.
3. Add brown basmati rice and mix thoroughly with vegetables and spices.
4. Pour in stock and add salt. Stir to combine and cover. When Vapo-Valve™ clicks, reduce heat to low and cook for approximately 45 - 50 minutes until rice is cooked.
5. Carefully lift cover and place peas on top of rice. Re-cover and turn off heat. Let rice rest with cover on for 10 minutes.
6. While rice is resting, heat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add sausage and cover with lid slightly ajar. Cook sausage according to package directions until heated through and evenly browned.
7. Remove cover from rice and toss with fork to incorporate peas and to fluff rice.
8. To serve, place portion of rice and peas on plate and top with roasted sausage.
9. Garnish rice with chopped tomato and scallions.

Tips:

- Yellow rice refers to the color of rice by addition of turmeric or, sometimes, saffron.
- Omit pan roasted sausage and serve fragrant yellow rice as a side dish with your favorite chicken or fish.
- Omit peas and replace with cooked black bean or pinto beans for a vegan entrée.
- Spice it up by adding in crushed red pepper flakes, a dash or two of hot sauce, or a minced jalapeño pepper to sautéed vegetables.
- Can substitute long grain white rice for basmati.

Nutritional Information per

▼ Serving

6 servings as an entrée, with 2 oz (57g) sausage

Calories: 349

Total Fat: 14g

Saturated Fat: 3g

Cholesterol: 45mg

Sodium: 1312mg

Total 43g

Carbs:

Dietary Fiber: 5g

Sugar: 4g

Protein: 17g

8 servings as a side-dish, without sausage

Calories: 160

Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 698mg

Carbohydrate: 32g

Fiber: 4g

Sugar: 3g

Protein: 6g