

Pork

Cajun Tri-Pepper Skillet

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Servings: 4

Preparation Time: 30 minutes

Cook time: 10 minutes

1 tablespoon vegetable oil
1 pound cooked andouille sausage or cooked spicy smoked sausage, cut into 1/2-inch slices
1 large onion, cut into thin wedges
2 stalks celery, thinly bias-sliced
3 cloves garlic, minced
1 large green sweet pepper, cut into bite-size strips
1 large red sweet pepper, cut into bite-size strips
1 large yellow sweet pepper, cut into bite-size strips
2 cups chicken broth
2 tablespoons cornstarch
2 teaspoons packed brown sugar
2 teaspoons paprika
1 teaspoon snipped fresh thyme
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
3 cups hot cooked rice
fresh thyme sprigs (optional)

In an extra-large skillet, heat the oil over medium-high heat.

Add the sausage. Cook and stir for about 3 minutes or until browned.

Add the onion, celery and garlic to the skillet. Cook and stir for 2 to 3 minutes or until tender.

Add the red, green and yellow sweet peppers to the skillet. Cook and stir for 3 to 4 minutes or until crisp-tender.

In a small bowl, combine the broth, cornstarch, brown sugar, paprika, thyme, salt and cayenne pepper.

Add the sauce to the skillet. Cook and stir until thickened and bubbly.

Serve over the hot cooked rice.

Garnish with thyme sprigs, if desired.

Per Serving (excluding unknown items): 274 Calories; 5g Fat (15.8% calories from fat); 7g Protein; 50g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 671mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.