

# Easy Smoked Sausage Skillet

*www.hillshirefarms.com/recipes*  
*Taste of Home - April/May 2016*

## Servings: 4

*1 package smoked sausage,  
diagonally sliced thin*  
*2 cloves garlic, crushed*  
*1/4 cup olive oil*  
*1 large bell pepper, sliced thin*  
*1 small yellow onion, sliced thin*  
*1 package frozen broccoli, thawed*  
*1/2 cup chicken broth (or water)*  
*1/2 cup tomato sauce*  
*2 cups instant rice*  
*1/2 cup mozzarella cheese, shredded*

In a skillet, heat the olive oil and garlic. Stir in the smoked sausage slices and cook until browned.

Add the pepper, onion, broccoli, broth and tomato sauce. Simmer for 10 minutes until the vegetables are tender and the liquid is absorbed.

In the meantime, prepare the rice according to package instructions.

Stir the rice into the skillet. Sprinkle with the cheese.

Serve.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 432 Calories; 22g Fat (46.8% calories from fat); 10g Protein; 47g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 409mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 4 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	432	Vitamin B6 (mg):	.2mg
% Calories from Fat:	46.8%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	43.9%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	19mcg
Saturated Fat (g):	6g	Niacin (mg):	4mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

0% Refused:	0 0%
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## Food Exchanges

## Nutrition Facts

Servings per Recipe: 4

\* Percent Daily Values are based on a 2000 calorie diet.