## **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

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

## Dar Camina Mutritional 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):	9 6g	Niacin (mg):	4mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
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Cholesterol (mg):	25mg	% Pofuso:	n n%
Carbohydrate (g): Dietary Fiber (g):	47g 2g	Food Exchanges	
Protein (g):	10g	Grain (Starch): Lean Meat:	2 1/2 1/2
Sodium (mg): Potassium (mg):	409mg 267mg	Vegetable: Fruit: Non-Fat Milk: Fat:	1/2
Calcium (mg):	107mg		0
lron (mg): Zinc (mg):	3mg 1mg		4
Vitamin C (mg):	34mg	Other Carbohydrates:	0
Vitamin A (i.u.): Vitamin A (r.e.):	621IU 87 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 4

Amount Per Serving				
Calories 432	Calories from Fat: 202			
	% Daily Values*			
Total Fat 22g Saturated Fat 6g Cholesterol 25mg Sodium 409mg Total Carbohydrates 47g Dietary Fiber 2g	35% 29% 8% 17% 16% 9%			
Vitamin A Vitamin C Calcium Iron	12% 57% 11% 15%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.