

Sausage Rice & Veggies

Hillshire Farm Turkey Sausage

1 cup of broccoli, chopped

1/2 cup carrots, chopped

1 bell pepper, chopped

1/4 cup onion, chopped

Steamable Pouch Whole Grain Rice

1 tsp garlic

Pepper and salt to taste

1 tablespoon Olive Oil

Prep and cut all of your veggies.

Saute everything but onions in a large pan on medium heat in the oil.

*Add onions and garlic in after a few minutes of cooking.

While veggies cook, slice Turkey sausage into bite size chunks.

When veggies are all cooked, throw in your sausage and cook until browned.

Finally, add rice until warm, stir and enjoy!!

You can also watch this video that will give you step by step direction!

Come cook with me!