

# Cajun Sausage and Rice Skillet

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/cajun-bell-peppers-indian-recipe>

## Ingredients:

- 14 ounces andouille sausage \*, \$3.99
- 1 tablespoon cooking oil \$0.04
- 1 bell pepper \$0.89
- 1 teaspoon smoked paprika \$0.10
- 1/2 teaspoon dried oregano \$0.05
- 1/2 teaspoon dried thyme \$0.05
- 1/4 teaspoon garlic powder \$0.02
- 1/4 teaspoon onion powder \$0.02
- 1/8 teaspoon cayenne pepper \$0.02
- 1/8 teaspoon freshly cracked black pepper \$0.01
- 15 ounces fire roasted diced tomatoes \$1.00
- 1 cup long-grain white rice \$0.62
- 1 1/2 cups chicken broth \$0.20
- 2 green onions sliced, \$0.20

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 70 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 800 milligrams
9. Sugar: 1 grams

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