

Italian Sausage and Vegetable Rice Casserole

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/rice-casserole-recipe-italian-saudage>

Ingredients:

- 2 cups cooked rice
- 2 tablespoons butter
- 1/2 onion chopped
- 2 italian sausages
- 1/2 cup mushrooms sliced
- 3/4 cup peas frozen
- 3 artichokes chopped, frozen
- 1 tomato ripe, chopped
- 1 cup vegetable broth
- 1/2 teaspoon oregano
- 2 tablespoons Italian parsley fresh chopped
- 1/2 teaspoon salt more or less to your liking
- pepper flakes if desired, optional
- 1/2 cup grated Parmesan cheese
- 1 1/2 tablespoons butter
- 1/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 14 grams
7. SaturatedFat: 10 grams
8. Sodium: 930 milligrams
9. Sugar: 3 grams

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