

Italian Sausage Rice Pilaf

Yield: 8 min
Total Time: 55 min

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

Ingredients:

- 1/4 cup pine nuts toasted
- 1 sweet onion medium, diced
- 1 red bell pepper small, seeded and diced
- olive oil
- 2 garlic cloves minced
- 1 pound sweet Italian sausage
- 2 cups long-grain rice uncooked
- 1 low sodium chicken broth 32 oz
- 2 tablespoons Italian parsley fresh chopped, divided
- 2 tablespoons worcestershire sauce
- 2 teaspoons italian seasoning
- 2 teaspoons garlic salt
- 1/2 teaspoon crushed red pepper flakes
- 1/4 cup grated Parmesan cheese plus additional for garnishing
- 1 tablespoon butter

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

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