

Italian Sausage and Rice

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound bulk italian sausage
- 1 clove garlic minced or crushed
- 1 onion chopped
- 2 cups rice uncooked
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- 1 can diced tomatoes Fire Roasted, undrained
- 1 cup mozzarella cheese or Italian style, shredded

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 110 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 16 grams
8. Sodium: 1010 milligrams
9. Sugar: 5 grams

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