

Slow Cooker Spicy Brown Rice with Sausage and Peppers

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cookersweet-italian-turkey-sausage-recipe>

Ingredients:

- 3 teaspoons olive oil
- 12 ounces turkey Italian sausage 4 links, I used 5th Street Grill Italian Turkey Sausages from Costco, but you can use any turkey Ital...
- 1 green bell pepper finely chopped
- 1 onion medium, finely chopped
- 2 cups chicken stock I used a can of chicken broth and added water to make 2 cups.
- 1 cup uncle ben 's Brown Rice, You can use other long-grain brown rice, but cooking time might vary.
- 1 teaspoon Spike Seasoning or other all-purpose seasoning blend
- 1/2 teaspoon salt more or less to taste
- 1/2 teaspoon cayenne pepper I used 1/2 teaspoon, but my sister would have preferred it a little less spicy so adjust to your heat tole...
- fresh parsley chopped, for garnish, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. Sodium: 1260 milligrams
8. Sugar: 7 grams

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