

Turkey Sausage & Vegetable Rice Skillet

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-rice-recipe-indian>

Ingredients:

- 1 pound turkey sausage sliced into quarter sized pieces
- 1 tablespoon coconut oil
- 1 red bell pepper
- 1/2 cup onion diced
- 1 zucchini diced
- 1 yellow squash diced
- 15 ounces black beans drained and rinsed
- 15 ounces fire roasted tomatoes with garlic, undrained
- 1 cup corn frozen
- 1 cup wheat rice whole
- 3/4 cup water
- 1 teaspoon cilantro
- 1/2 teaspoon cumin
- salt
- pepper
- 1/2 cup jack cheese monterrey

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 23 grams
7. SaturatedFat: 5 grams
8. Sodium: 930 milligrams
9. Sugar: 4 grams

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