

Choco Fever Dream

Beef Sausage and Rice Skillet

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced
- [ ] 1 cup long-grain rice
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 red bell pepper, diced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp dried thyme
- [ ] Zest of 1 lemon
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the sausage slices and brown them until they develop a deep, caramelized edge, about 4-5 minutes.
2. Remove the sausage and set aside. In the same skillet, add onion, garlic, and bell pepper; sauté until softened and fragrant, roughly 3 minutes.
3. Stir in the rice, smoked paprika, and thyme, toasting the grains for 2 minutes so they soak up the flavors.
4. Pour in the chicken broth, return the sausage to the pan, and bring to a gentle boil. Reduce heat to a simmer, cover, and let cook for 15-18 minutes until the rice is tender and the liquid is absorbed.
5. Remove from heat, fold in lemon zest and honey, then season with salt and pepper. Let rest, covered, for 2 minutes before serving.

Nutrition per serving

420 kcal	26 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little heat, add a pinch of red pepper flakes while sautéing the vegetables.
- For extra depth, deglaze the pan with a splash of water before adding the broth.
- Feel free to swap bell pepper for frozen peas or corn for a sweeter bite.