

Hearty Sausage & Rice Skillet

Ingredients:

- 1 6-pk Sausages (any flavour will suit this recipe)
- 1 cup minute rice
- 1 small onion, chopped
- 4 cloves of garlic, minced
- 1 red pepper
- 1 handful chopped spinach
- 1 tbsp butter
- 1 tbsp soy sauce
- Sriracha to taste (optional)

Method:

- Cook rice to package directions.
- Cook sausages until cooked all the way through. Remove from pan & chop into bite size slices.
- Drain most of grease from pan, leaving some for flavour (you may not need to do this, some varieties have more grease than others).
- Sautee onion, garlic and pepper until soft, add spinach, cooked rice, butter, soy sauce, and a little sriracha and cook until spinach wilts.
- Add sausage.

Super easy, healthy & hearty dinner. The flavour here really comes from the type of sausage you choose. You can make this dish to suit your family's tastes & preferences, adding heat with spicy sausages or leaving it out completely and using a mild or honey garlic sausage and leaving out the sriracha to make it more kid friendly. You can also sub whichever veggies your family prefers.