

Beat: Lifestyle

Simple and Inexpensive One Pot Meal

Sausage, Rice and Peppers

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USPA NEWS - This is a quick "go to" meal for company or when you want something hearty without a lot of fuss.

- 400 – 500 g or one lb. of uncooked spicy sausage
- One large diced onion
- Two medium tomatoes diced or a 15 oz. can of diced tomatoes with the juice
- Two white Hungarian peppers or other sweet peppers
- Two boil-in-bags of rice or four cups cooked rice
- Garlic powder to taste
- Salt to taste
- Black pepper to taste
- Sunflower or vegetable oil

I am all about keeping things simple and this is one of the simplest meals I make.

I begin by boiling the rice pouches according to its directions. While the rice is cooking, I prepare the other ingredients. I start with some spicy casing sausage I get from Tesco. I cut the casing and remove the sausage and then dice up the onion, tomatoes and peppers. When the rice is done, I put the pouches aside in a bowl and drain the water from the pot. Then using the same pot I add a few tablespoons of oil and put in the sausage and diced vegetables. Stir, add the seasonings, put the lid on the pot and cook over medium-high heat until the peppers are fork tender. It usually takes 20-30 minutes. By that time, all ingredients are fully cooked. Stir occasionally and adjust heat as necessary. When they are done, add the cooked rice. Let the rice absorb the juices over low heat for about 10 minutes and then it's done! This recipe serves four to six people. You can have fresh bread and butter on the side.

To finish the meal, serve some cold canned peaches or pears. The sweetness is the perfect compliment to the spiciness from the dinner.

Adapt the recipe and make it your own. You can not use the salt or if you don't have any peppers, leave them out. Use ground beef instead, but you may need to add more spices, like some chili powder or smokey paprika to adjust the flavor.

Enjoy!

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