



Dirty Rice and Blackeye Peas

The sausage in this dish also makes a lean and healthy option for breakfast.



INGREDIENTS

| | |
|--|---|
| 2½ cups fat free, low-sodium vegetable broth | ½ cup finely chopped bell pepper |
| 2 bay leaves | 1 tablespoon Soulful Seasoning (see recipe on page 34) |
| 1¾ cups long grain rice | 6 ounces (about 2 patties) Turkey Apple Sausage (see recipe on pages 15–16) |
| 2 cups frozen blackeye peas | 2 cloves garlic, finely chopped |
| nonstick cooking spray | ½ tablespoon dried parsley |
| 1 cup finely chopped onion | ½ teaspoon dried oregano |
| 1 cup finely chopped celery | |

PREPARATION

1. In a large skillet, combine vegetable broth and bay leaves; bring to a boil.
2. Add rice and blackeye peas to broth and cover.
3. Reduce heat to simmer until all liquid is absorbed, about 18 to 20 minutes.
4. Remove bay leaves and place cooked rice and blackeye peas in a large bowl.
5. Spray a nonstick skillet with cooking spray and heat over medium-high heat. Add onion, celery, bell pepper, Soulful Seasoning, Turkey Apple Sausage, garlic, parsley, and oregano.
6. Sauté until sausage is thoroughly cooked, about 5 minutes.
7. Combine with rice and blackeye pea mixture. Serve while hot.



Makes 9 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 207, Carbohydrate 40 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 85 mg