

One Pan Cabbage and Sausage

Servings: 4-6 | Prep/cook time: 40 minute

Ingredients:

- 3 tbsp. extra-virgin olive oil
- 14 oz. turkey sausage, full cooked, sliced
- ½ head cabbage cut into thin slices
- 1 yellow onion, diced
- Salt and pepper to taste
- 1¼ cups low-sodium chicken stock
- 1 cup instant brown rice
- 1 can fire-roasted tomatoes



Directions:

1. In large skillet, heat 1 tablespoon of oil on medium-high heat. Add sausage and cook approximately 2-3 minutes per side. Remove from skillet and set aside.
2. Using the same pan, heat 2 tablespoons of oil on medium-high. Add cabbage, onion, salt, and pepper and cook for 5 minutes.
3. Add 1 cup of chicken stock, cover and reduce heat. Simmer for 10 minutes.
4. Add remaining chicken stock, rice and tomatoes with the juice, stir. Bring to a boil, stir again, then cover and simmer on low heat for 5 minutes.
5. Add sausage slices, stir, cover and remove from heat. Let stand until liquid is mostly absorbed. Serve warm.