



Dirty Rice 'n Veggie Skillet



1/2 of recipe: 354 calories, 9g total fat (3g sat. fat), 893mg sodium, 37g carbs, 6.5g fiber, 6.5g sugars, 31g protein

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Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

1/2 cup finely chopped celery
 1/2 cup finely chopped onion
 1/2 cup finely chopped green bell pepper
 1 tsp. chopped garlic
 6 oz. raw extra-lean ground beef (at least 95% lean)
 1/4 tsp. salt, or more to taste
 1/8 tsp. black pepper, or more to taste
 1 link fully cooked chicken sausage, chopped
 2 cups frozen riced cauliflower
 1 cup cooked brown rice
 3/4 tsp. Cajun seasoning, or more to taste
 Optional topping: hot sauce, scallions

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add celery, onion, bell pepper, and garlic. Cook and stir until hot and fragrant, about 4 minutes.

Add beef, salt, and black pepper. Cook and crumble until mostly browned, about 4 minutes. Add chopped sausage. Cook and stir until beef is fully cooked and sausage has lightly browned, about 4 minutes.

Add riced cauliflower, brown rice, and Cajun seasoning. Cook and stir until hot, about 4 minutes.

MAKES 2 SERVINGS

HG Tips: Frozen cooked brown rice and shelf-stable instant options are terrific shortcuts. If using the frozen kind, add as directed and just cook it a little longer to thaw.

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