



Sausage & Spinach Rice Supper

directions

1. Return cooked and drained sausage crumbles to a large skillet. Place over med-high heat.
2. Sprinkle pepper flakes, pine nuts, and chopped garlic over sausage and sauté until nuts are slightly golden.
3. Add cooked rice packet to skillet. Stir to combine.
4. Toss in fresh spinach leaves and cook just until wilted.
5. Liberally sprinkle shredded cheese over the mixture. Serve hot with additional shredded cheese to garnish.

notes

This really is a 10-15 minute meal that has lots of good things. It is full of protein, iron, and flavor. The simplicity of this recipe makes it a perfect family meal after a long day. Add a salad or sliced homegrown tomatoes and dinner is on the table.

Other Ideas: Add in some chopped fresh tomatoes. A drizzle of soy sauce would be delicious.



4

servings

5 min

prep time

10 min

cook time

ingredients

1 lb Swaggerty's Roll sausage, browned, crumbled, and drained

1 package Uncle Bens® "Ready Rice" Long Grain & Wild Rice (8.8 oz)

1/3 cup pine nuts or chopped walnuts

2 garlic cloves, chopped (or 1/2 tsp dried)

A pinch of red pepper flakes

1 package of fresh spinach leaves, about 6 oz.

Shredded Parmesan cheese to taste (or crumbled feta cheese)

Pairs well with: Your favorite salad

Special Kitchen Tools: N/A