

**Pork**

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# Cajun Rice with Sausage

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**Servings: 4**

**Preparation Time: 25 minutes**

**Start to Finish Time: 40 minutes**

**2 slices bacon, chopped**

**12 ounces spicy chicken sausage (preferably Cajun style), cubed**

**1 small onion, chopped**

**2 stalks celery, sliced**

**1 small green pepper, chopped**

**2 cloves garlic, minced**

**2 teaspoons fresh thyme, chopped**

**Kosher salt (to taste)**

**freshly ground pepper (to taste)**

**1 cup long-grain white rice**

**1 cup low-sodium chicken broth**

**2 cups chopped frozen okra, thawed**

**2 tablespoons fresh parsley, chopped**

Heat a large cast-iron skillet over high heat. Add the bacon and cook until crisp, about 2 minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain.

Add the sausage, onion, celery and bell pepper to the skillet and cook, stirring, until the vegetables are soft and the sausage begins to brown, about 3 minutes.

Add the garlic, thyme, one teaspoon of salt and 1/2 teaspoon of pepper to the skillet; then stir in the rice.

Add the chicken broth and one cup of water and bring to a boil.

Stir in the okra, then reduce the heat to low. Cover and simmer for 15 minutes.

Remove from the heat and let sit, covered, for 5 minutes.

Add the bacon and parsley and fluff with a fork.

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Per Serving (excluding unknown items): 220 Calories; 3g Fat (10.4% calories from fat); 8g Protein; 43g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 83mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fat.