



VEGAN DIRTY RICE

INGREDIENTS

14 oz. Plant-Based Italian Sausage
2 T vegetable oil
½ small red onion, diced
½ small green bell pepper, diced
2 ribs celery, diced
4 cloves of fresh garlic, minced
1 T of Cajun seasoning
1 t of seasoned salt
3 cups cooked long grain white rice
5 T of vegetable stock

TIME: 20 mins (Prep Time 10 mins / Cook Time 10 mins) **SERVES:** 6 **TYPE:** Vegan

INSTRUCTIONS

- 1 Heat vegetable oil in a large frying pan on medium heat. Add Italian sausage and cook for 5 minutes, breaking into crumbles as you stir. Set aside in bowl.
- 2 Using the now empty pan, sauté the onion, bell pepper, celery and garlic until browned.
- 3 Add the Cajun Spice and seasoned salt. Mix and sauté for about 3 minutes.
- 4 Add the cooked sausage and white rice and toss together.
- 5 Pour in the vegetable stock and stir to heat through. Enjoy!

QUICK TIP



For fluffier rice, rinse it well to get rid of some of the starches