

Cajun Red Beans & Turkey Sausage

Cajun

A lighter take on classic Cajun red beans and sausage using lean turkey sausage and controlled rice portions for a balanced, lower-calorie entree.

Ingredients:

Protein:

* 6 oz turkey sausage (sliced)

Beans:

* 15 oz red kidney beans (1 can, drained an...)

Vegetables:

* 1/2 whole yellow onion (diced)

* 1 whole celery stalk (diced)

* 1 whole bell pepper (diced)

Seasoning & Cooking:

* 2 cups chicken broth (low sodium prefer...)

* 2 tsp Cajun seasoning (adjust to taste)

Serving:

* 3/4 cups brown rice (cooked, divided a...)



Instructions:

1. Heat a large pot over medium heat and add sliced turkey sausage. Cook for 4 to 5 minutes until lightly browned.
2. Add diced onion, celery, and bell pepper. Cook for 4 to 5 minutes until vegetables begin to soften.
3. Stir in the drained red beans, chicken broth, and Cajun seasoning.
4. Simmer uncovered for about 15 minutes, stirring occasionally, allowing flavors to combine and the broth to slightly thicken.
5. Serve the beans and sausage mixture over 1/4 cup cooked brown rice per serving.

Notes:

Using turkey sausage instead of pork significantly reduces fat while maintaining the smoky Cajun flavor profile.

Servings: 3 | Serving size: 1 bowl | Calories: 450 | Protein: 28g