



BUDGET FRIENDLY RECIPES

Kielbasa and Rice

Serves 4. Prep time: 30 minutes active; 60 minutes total.

2 tablespoons Field Day canola oil, divided

12 ounces kielbasa sausage, cut into bite-sized pieces

1 cup onions, diced

1 cup celery, diced

1 cup carrot, diced

1 cup mushrooms, sliced

2 teaspoons paprika

1 teaspoon dried thyme

½ teaspoon dried dill

¾ cup uncooked white rice

1 ¾ cups Field Day chicken broth

Salt and pepper to taste

Preparation

In a large stock pot, heat 1 tablespoon of canola oil over medium-high heat. Add the kielbasa and brown the pieces for a few minutes; remove from the pan and set aside. Add the remaining tablespoon of oil to the pot and sauté the onions, celery and carrots over medium-high heat for about 10 minutes until the vegetables begin to soften. Add the mushrooms and spices and cook for 2 more minutes, then add the rice and broth. Bring the mixture to a boil, reduce the heat to low, and simmer, covered, for 20 to 30 minutes until the liquid is absorbed and the rice is tender. Add the cooked sausage to the rice and vegetables and stir. Season with salt and pepper and serve.

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Ingredient checklist

PRODUCE

- Onion
- Celery
- Carrot
- Mushrooms

BULK

- White rice

GROCERY

- Field Day canola oil
- Field Day chicken broth

MEAT/SEAFOOD

- Kielbasa sausage

SPICES/SEASONINGS

- Paprika
- Dried thyme
- Dried dill
- Sea salt
- Black pepper

Serving suggestion

Customize this dish by substituting vegetarian sausage for the kielbasa or use brown rice in place of white (add 10 to 20 minutes to your cooking time). Delicious served with kid-friendly baked beans or applesauce, or try it with braised greens and cornbread.

Nutritional information per serving

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|--------------------|--------------------|
| 516 calories | 43 g. carbohydrate |
| 31 g. fat | 4 g. fiber |
| 56 mg. cholesterol | 15 g. protein |
| 882 mg. sodium | |

Estimated cost

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|-------------------|--------|
| Total: | \$9.80 |
| Cost per serving: | \$2.45 |

The nutritional values and information are approximations, and ingredient costs are estimated.