

DINNER

Skillet Sausage Casserole

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	5 min	45 min	4	\$2.67	459 kcal

Skillet Sausage Casserole takes about 50 minutes from beginning to end. For \$2.67 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. This recipe makes 4 servings with 471 calories, 21g of protein, and 27g of fat each. 1 person has tried and liked this recipe.

Ingredients

- ☐ 1 teaspoon beef-flavored bouillon granules
- ☐ 12 ounce 1/2 package 50%-less-fat breakfast sausage
- ☐ 1/2 cup uncooked brown rice
- ☐ 1/2 cup sliced carrot
- ☐ 1 cup frozen whole-kernel corn, thawed and drained
- ☐ 3/4 teaspoon dried thyme
- ☐ 3/4 cup chopped fresh parsley
- ☐ 0.1 teaspoon ground red pepper
- ☐ 8 ounce package pre-sliced mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 1 1/2 cups chopped onion
- ☐ 1 poblano chile, cut into strips
- ☐ 1 1/2 cups chopped red bell pepper
- ☐ 1/4 teaspoon salt

EQUIPMENT Frying pan

Method

- 1

Cook rice according to package directions, omitting salt and fat.
- 2

Cook sausage in a large nonstick skillet over medium-high heat 4 minutes, stirring to crumble. Set aside.

- 3 Add onion and next 3 ingredients to pan; cook 4 minutes or until onion is tender, stirring frequently.
- 4 Add mushrooms and next 4 ingredients; cook 4 minutes or until carrot is crisp-tender.
- 5 Remove from heat; stir in sausage, parsley, oil, and salt. Cover and let stand 3 minutes. Toss with rice.

Nutrition per serving

459	19 g	26 g	39 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.1 g · 51% of daily needs
Fibre			5.8 g · 23% of daily needs
Sugar			9.5 g · 11% of daily needs
Sodium			917 mg · 40% of daily needs
Cholesterol			61.3 mg · 20% of daily needs
Vitamin C			118 mg · 143% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/skillet-sausage-casserole-144158