

Sausage, Onion, and Peppers over Rice - A One-Pan Weeknight Favorite

Sausage, Onion, and Bell Peppers Over Rice: A One-Pan Comfort Classic



TIME
5 min

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INGREDIENTS

1 lb beef or poultry-based smoked sausage, sliced into ...-inch rounds
1 large green bell pepper, sliced
1 medium yellow bell pepper (optional), sliced
1 large yellow onion, sliced
2 tbsp olive oil or butter
1 tsp garlic powder
1 tsp black pepper
‰ tsp salt

1 tsp Cajun seasoning (optional)

2 cups cooked white rice

Variations & Swaps:

Add Heat: Toss in red pepper flakes, jalapeños, or a splash of hot sauce.

Change the Protein: Use turkey or plant-based sausage.

Switch the Base: Serve over brown rice, quinoa, or cauliflower rice for lighter options.

Boost the Veggies: Add mushrooms, zucchini, or even spinach for extra nutrition.

DIRECTIONS

1. **Cook the Sausage:** Heat oil or butter in a large skillet over medium heat. Add sausage slices and cook for 4-5 minutes per side until browned and crisp. Remove and set aside.
2. **Sauté the Vegetables:** In the same skillet, add sliced onions and bell peppers. Cook for 6-8 minutes until soft and slightly charred at the edges.
3. **Combine and Season:** Return the sausage to the skillet. Sprinkle in garlic powder, black pepper, salt, and Cajun seasoning (if using). Cook for 2-3 more minutes, stirring to meld the flavors.
4. **Serve:** Spoon the sausage and pepper mixture over warm white rice. Serve immediately.

TIPS FOR SUCCESS

Don't overcrowd the pan -this allows sausage to sear instead of steam.

Taste as you go and adjust salt or spice as needed.

Use pre-cooked rice or leftover rice for a quick meal solution.

