

Quick, Bold, and Satisfying: My Go-To Tomato Skillet Over Rice

Here's how I make it, plus a few tips to help you make it your own.



TIME
20 min

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INGREDIENTS

3 cups prepared white rice (I make mine while prepping everything else)
1 tablespoon canola or olive oil
12 ounces beef smoked sausage, sliced into rounds
2 cups chopped okra (fresh or frozen)
2 cups diced tomatoes (grape or cherry tomatoes halved work great)
½ teaspoon salt
... teaspoon ground black pepper
Pinch of red pepper flakes (optional, but I highly recommend it for a little kick)

DIRECTIONS

- 1.** Heat the Skillet: I start by heating a large skillet (cast iron if I've got it) over medium heat. I drizzle in the oil and swirl it around to coat the bottom of the pan. Once it's hot, I know it's time to get things going.
- 2.** Sauté the Sausage: In go the sausage slices. I stir often for about 1 minute, just long enough to let them brown slightly and start releasing their smoky, meaty flavor into the oil.
- 3.** Add the Okra: Next, I toss in the chopped okra. I cook it with the sausage for 2 minutes, stirring frequently. This helps soften the okra and start breaking down that thick juice it's known for.
- 4.** Pro tip: The key here is not to over-stir. Let the okra sit long enough to get a little sear-this tames the sliminess and brings out its flavor.
- 5.** Stir in the Tomatoes: I add the diced tomatoes and stir gently. These break down fast, so I keep the stirring to a minimum to avoid turning them into mush. I cook until the juices from the okra and tomatoes blend into a thick, savory mixture-usually about 3-5 minutes.
- 6.** Season and Finish: Once the texture looks just right, I sprinkle in the salt, black pepper, and red pepper flakes. I give everything one final toss, making sure the seasoning is evenly distributed.
- 7.** Then it's ready to serve.
- 8.** Serve It Over Rice: I spoon the mixture generously over warm, fluffy rice. The rice soaks up all that juicy goodness from the tomatoes and sausage, and every bite is rich, slightly spicy, and full of

flavor.

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