

SOUTHWEST CHICKEN SAUSAGE AND RICE SKILLET

with Salsa Fresca and Lime Crema



HELLO -SALSA FRESCA

Juicy tomatoes and tangy lime juice add a cool contrast to this warm, hearty dish.

PREP: 10 MIN TOTAL: 30 MIN CALORIES: 720



Long Green

Peppers

Roma Tomatoes

Limes











Hot Sauce



Chicken Stock Concentrates

Pepper Jack Cheese (Contains: Milk)



FAMILY 15

START STRONG

Watch out when broiling in step 5. The broiler is a strong tool, so be sure to check on your dish periodically for any burning. Remove from oven as soon as you see melty cheese!

BUST OUT

- Medium pot
- Zester
- 2 Small bowls
- Large pan
- Olive oil (1 tsp)
- Vegetable oil (2 TBSP)
- Butter (2 TBSP) (Contains: Milk)

INGREDIENTS	
Ingredient 4-person	
Jasmine Rice	1 Cup
Yellow Onions	2
Long Green Peppers	2
Roma Tomatoes	2
• Limes	2
Sour Cream	8 TBSP
 Italian Chicken Sausage Mix* 	18 oz
Southwest Spice Blend	2 TBSP
Chicken Stock Concentrates	2
Pepper Jack Cheese	1 Cup
• Hot Sauce 🥑	2 tsp

* Chicken sausage is fully cooked when internal temperature reaches 165 degrees.







Adjust rack to top position and

preheat broiler to high. **Wash and dry** all produce. In a medium pot, combine rice, 1½ cups water, and a pinch of salt. Bring to a boil over medium-high heat. Once boiling, cover and reduce heat to low. Cook until tender, about 15 minutes. Meanwhile, halve, peel, and thinly slice onions. Halve, core, and deseed peppers, then dice. Dice tomatoes. Zest limes until you have 1 tsp; quarter limes.



4 ADD RICE Add rice, stock concentrates, 2 TBSP butter, and ¹/₃ cup water to pan with sausage and veggies. Stir to thoroughly combine.



2 MAKE CREMA AND SALSA Meanwhile, in a small bowl, combine sour cream, juice from 2 lime wedges, a pinch of salt, and enough water to give mixture a drizzling consistency (start with 1 TBSP water). In another small bowl, combine tomatoes, 1 tsp lime zest, a drizzle of olive oil, a pinch of salt, and the juice from 2 lime wedges.



3 COOK SAUSAGE AND VEGGIES

Heat **2 TBSP oil** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **sausage** and cook, breaking up meat into pieces, about 1 minute. Add **onions**, **peppers**, and **Southwest Spice**. Cook, stirring, until lightly browned and sausage is cooked through, 5-7 minutes more.



5 MELT CHEESE (TIP: If pan isn't ovenproof, transfer mixture now to a baking dish.) Top **sausage mixture** with **cheese** and broil until cheese is bubbly, 2-3 minutes.



SERVE Top **sausage mixture** with **crema** and **salsa**. Drizzle with **hot sauce** if desired. Serve with any remaining **lime wedges** on the side for squeezing over.

FRESH TALK

True or false: limes grow on trees.

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