

Treasure Barrel

Cajun Sausage and Rice Skillet: One-Pan Dinner in 30 Minutes

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

For the Skillet

- [ ] 1 tbsp olive oil
- [ ] 1 lb smoked beef andouille sausage, sliced into 1/2-inch coins
- [ ] 1 large yellow onion, diced
- [ ] 1 green bell pepper, diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 ½ cups long-grain white rice, uncooked
- [ ] 2 tbsp Cajun seasoning (low-sodium recommended)
- [ ] 1 tsp dried thyme
- [ ] ½ tsp black pepper
- [ ] 3 ½ cups low-sodium chicken broth
- [ ] Fresh parsley or sliced green onions, for garnish

Instructions

1. First, we'll warm our skillet. Place a large, heavy-bottomed skillet or Dutch oven over medium-high heat and add the olive oil. Once the oil shimmers just a little, carefully add the sliced beef sausage. Let the sausage cook for about 4-5 minutes, turning occasionally, until the pieces are beautifully browned and a little crispy on the edges. The kitchen will start to fill with the most wonderful smoky aroma. Using a slotted spoon, transfer the sausage to a plate, leaving the flavorful rendered fat in the skillet. Don’t wipe it out—that’s pure gold!

2. Reduce the heat to medium and add the diced onion, bell pepper, and celery to the same skillet. This is our 'holy trinity,' and it’s going to build the soul of our dish. Sauté the vegetables, stirring occasionally, for about 5-7 minutes. You want them to soften and become tender, with the onions turning translucent and sweet. The celery and peppers will release their fresh, bright scent. Then, add the minced garlic and cook for just one more minute until it's fragrant. Be careful not to let the garlic burn; we just want to wake it up.

3. Now it’s time to bloom our spices. Sprinkle the Cajun seasoning, dried thyme, and black pepper over the softened vegetables. Stir everything together and cook for about 30 seconds. This little step of toasting the spices in the warm pan deepens their flavor immensely. Next, add the uncooked rice to the skillet. Stir constantly for about a minute, making sure every single grain of rice is coated in the spices and flavorful fat. This helps the rice cook up into distinct, fluffy grains later on.

4 Slowly pour in the chicken broth, stirring to combine everything and scraping up any browned bits from the bottom of the pan—that's where so much flavor lives! Bring the liquid to a gentle simmer. Once it's bubbling softly, return the cooked sausage to the skillet, nestling it into the rice mixture. Reduce the heat to low, cover the skillet with a tight-fitting lid, and let it cook for 15-20 minutes, or until the rice has absorbed all the liquid. Avoid the temptation to peek! Once cooked, remove from heat and let it rest, covered, for 5 minutes before fluffing with a fork and serving.

Nutrition per serving

450 kcal	25 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- To adjust the spice, feel free to start with half the Cajun seasoning and add more to taste after the dish has finished cooking. Every blend is different, so it's always good to be cautious at first. You can always add more heat, but you can't take it away!
- For an extra layer of flavor and richness, you can stir in a tablespoon of tomato paste with the garlic and spices in Step 2. Let it cook for a minute to deepen its flavor before adding the rice. It adds a subtle, savory depth that is just lovely.
- This recipe is so versatile. It reminds me of how you can take one idea, like bananas, and make a simple banana bread or a gluten-free version. Here, feel free to add a can of drained diced tomatoes with the broth or throw in a cup of frozen corn during the last 5 minutes of cooking.