



Cajun Smothered Green Beans With Sausage

A hearty side dish or light one-skillet meal, this Cajun Smothered Green Beans With Sausage is naturally ketogenic, low carb and gluten free. (Easily Paleo adaptable.)

Course: One Pot Meal or Side Dish Cuisine: Cajun Prep Time: 15 minutes

Cook Time: 1 hour 15 minutes Total Time: 1 hour 30 minutes Servings: 4

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Ingredients

- 1 tablespoon olive oil
- 1 onion chopped
- 1 green bell pepper chopped
- 3 stalks celery chopped
- 1 pound sausage
- 1 cup chicken broth or water
- 1 stick salted butter
- 24 ounces frozen green beans
- 5 minced garlic cloves
- 3 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- liberal shakings of salt, black pepper, and cayenne pepper

Instructions

1. Heat the oil over medium heat in a 12-inch cast iron skillet.
2. Pour the Cajun trinity of chopped onion, bell pepper, and celery into the skillet, and cook down for 10 minutes. Add the sausage, and cook until slightly browned, about 5 minutes.
3. Add the remaining ingredients to the skillet. Combine ingredients thoroughly.
4. Cover, and cook over medium low heat for 1 to 1 ½ hours, stirring often, or until the green beans darken in color, and most of the liquid cooks out.

Notes

I sprinkle salt, black pepper, and cayenne pepper liberally over the green beans a few times throughout the cooking process. I feel that this really brings out the natural flavors of the green beans throughout the cooking process, so to duplicate my results you would add SP&C to the green beans roughly every 15 to 20 minutes.

Keeps in refrigerator for up to 2 days.

Easily make this dish for holiday and/or family gatherings by transforming it into Gluten Free Cajun Smothered Green Bean Casserole.

I always use Manda smoked green onion chicken sausage. It comes in 12-ounce packages, so I use 1 ½ packages in each batch.



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