

Instant Pot Cajun Rice and Sausage From: Sandra Green 7/10/2019

Calories: 373kcal Servings: 6 Instant Pot Cajun rice and sausage is an easy one pot meal to make your weekly meal prep a breeze. Perfect as a weeknight dinner as well. Prep Time 20 mins Cook Time 3 mins Pressurizing & Depressurizing Time 30 mins Total Time 23 mins.



Ingredients:

- 2 carrots (peeled and chopped into small pieces)
- 2 Celery (chopped into small pieces)
- 1/2 Onion (diced)
- 6 andouille sausages (375 g; 13 oz)
- 3 Roma tomatoes (chopped)
- 1 cup Basmati rice (rinsed)
- 1 cup Chicken stock
- 1 Tbs Cajun seasoning (* reduce if you have a spicy brand)
- 1/4 tsp salt

Directions:

Combine all ingredients in the base of a 6-quart Instant Pot. Stir to combine. Put lid on, set valve to 'sealing' and pressure cook on high pressure for 3 minutes. Instant Pot will take roughly 15 minutes to come to pressure and 15 minutes to naturally release the pressure. Once pin has dropped, remove the lid and fluff rice with a fork. Enjoy! Storage Store in an airtight container in the fridge for up to 4 days. Freeze for up to 3 months. Reheat in the microwave until steaming hot and enjoy!

Freezer Instant Pot Packs

To assemble freezer packs, add all ingredients except for the rice into a large (gallon-sized) freezer bag. Squeeze out as much air as possible and freeze flat. Freeze for up to 3 months. To cook- thaw completely overnight and add contents of freezer pack to the Instant Pot along with 1 cup of rinsed basmati rice. Cook as directed above.

Notes Serving size is 1/6 of the batch; roughly 1.5 cups

Nutrition Serving: 1.5cups | Calories: 373kcal | Carbohydrates: 31g | Protein: 16g | Fat: 19g | Saturated Fat: 6g | Cholesterol: 56mg | Sodium: 773mg | Potassium: 484mg | Fiber: 2g | Sugar: 3g | Vitamin A: 86.3% | Vitamin C: 8.5% | Calcium: 3.7% | Iron: 9%