



Sausage and Rice Instant Pot

Sausage and Rice Instant Pot recipe is an outstanding healthy, filling & economical one-pot dinner that gets done under 30 minutes without much effort. Your whole family will love this Instant Pot Smoked Sausage and Rice.

5 from 12 votes

Course: Main Course Cuisine: American

Keyword: Instant Pot sausage peppers and rice, Instant Pot smoked sausage and rice, Sausage and Rice Instant Pot

Prep Time: 5 minutes Cook Time: 20 minutes Total Time: 25 minutes Servings: 2 people

Calories: 596kcal Author: Meghna Cost: \$4

Equipment

- [Instant Pot DUO 6 quart](#)

Ingredients

- 1 cup [long grain white rice](#) ** DO NOT use any other variety
- 14 oz [Smoked Andouille Sausage](#) ** we used cajun style smoked sausage. 397 grams
- 1/2 cup red bell pepper ** thinly sliced
- 1/2 cup green bell pepper ** thinly sliced
- 1/2 cup yellow bell pepper ** thinly sliced
- 3/4 cups onion ** yellow onion roughly chopped
- 1/2 tbsp [garlic](#) ** roughly chopped
- 14.5 oz [diced tomatoes](#) ** canned tomatoes, we used Basil, garlic & oregano tomatoes. 411 grams
- 1 cup [chicken stock](#) ** or better than Bouillon, 1.5 tsp diluted in 1 cup warm water
- 2 tbsp [Avocado oil](#) ** or any neutral oil
- [salt](#) ** according to taste

Instructions

1. Set the Instant Pot on SAUTE settings and keep it on NORMAL heat setting.

2. Add oil and when it becomes hot add the diced smoked sausages and brown them both sides. Set them aside.
3. In the same pot add the onion and garlic and saute until they begin to become limp. Throw in the bell peppers and saute for 30 seconds.
4. Add the liquid and de-glaze the pot very well with the help of a spatula scraping the sides and bottom of the pot to loosen any food particles. This will prevent the Burn error. Also add salt according to your taste preference.
5. CANCEL the SAUTE function and rinse the rice very well under running tap water until clear water runs through. This will prevent the rice from becoming gummy.
6. Add the rinsed rice into the pot and gently press down with the help of the spatula. Do not mix.
7. Dump the canned diced tomatoes on top of the rice. DO NOT MIX ever! Otherwise you'll end up with BURN error.
8. Close the lid of the instant pot and SEAL the valve. PRESSURE COOK on HIGH for 4 minutes.
9. When the pressure cooking cycle is over the instant pot will begin to beep. Wait for Natural pressure release (NPR) for 10 minutes and then release the rest of the pressure manually by moving the Valve from the SEALING to the VENTING position. Open the lid carefully when the metal pin drops.
10. Gently fluff the rice with the help of a fork or a spatula. The rice will be slightly soft now as it's piping hot. As it gradually cools down it'll have the perfect consistency.
11. Now, add back the browned sausages and mix with the rice.
12. Garnish with fresh chopped parsley and enjoy!

Notes

1. **Measuring Units used, 1 cup = 240 ml & 1 teaspoon = 5 ml.**
2. **Rice:** Stick to Long Grain White Rice. Do not use any other variety. Different varieties of rice require different amounts of water & also the cook time varies. I used Kroger's store brand rice.
3. **Canned Diced Tomatoes:** I used the ones with garlic, basil, oregano. Hence, I did not use any extra seasoning in the recipe. However, if you use regular canned diced tomatoes use extra seasonings like, oregano, basil, parsley, or Italian seasoning. You use paprika also.
4. **Spicy Sausage and Rice:** Today's recipe is not spicy. However, if you want to make it spicy throw in some diced jalapenos along with the bell peppers or use red pepper flakes. You can use cayenne pepper powder as well.
5. **DO NOT stir** the ingredients in the pot after adding the diced tomatoes. If you do so you'll end up with the BURN error. The canned tomatoes all tend to settle and stick at the bottom of the pot during the pressure cooking cycle!
6. **Best Sausages:** You can use cajun style smoked sausage, creole style smoked sausage, or any other variety of smoked sausage. You can even use chicken or turkey smoked sausage or Polish Kielbasa Sausage. Use whatever you prefer.
7. **Liquid:** You can sub the chicken stock with regular water or vegetable stock.
8. **Storing Tips:** Sausage and Rice lasts for 5 days in the fridge when store in dry, sir tight containers.

9. **Freezing Tips:** Freeze the dish for upto 2 months in individual freezer safe bags or containers. Thaw over night in the fridge and re-heat normally following the re-heating instructions below.
10. **Re-heating Tips:** Sprinkle some water on top of the rice and than reheat in the microwave oven. The veggies will become very soft.

Calorific details are provided by a third party application & are to be used as indicative figures only.

Nutrition Facts

Sausage and Rice Instant Pot

Amount Per Serving

Calories 596 Calories from Fat 153

% Daily Value*

Fat 17g	26%
Saturated Fat 2g	13%
Cholesterol 4mg	1%
Sodium 203mg	9%
Potassium 929mg	27%
Carbohydrates 99g	33%
Fiber 6g	25%
Sugar 12g	13%
Protein 13g	26%
Vitamin A 1619IU	32%
Vitamin C 170mg	206%
Calcium 103mg	10%
Iron 4mg	22%

* Read our privacy policy - Calorie information is provided as a courtesy only and should be leveraged as an estimate rather than a guarantee. Percent Daily Values are based on a 2000 calorie diet.

Nutrition

Calories: 596kcal | Carbohydrates: 99g | Protein: 13g | Fat: 17g | Saturated Fat: 2g | Cholesterol: 4mg | Sodium: 203mg | Potassium: 929mg | Fiber: 6g | Sugar: 12g | Vitamin A: 1619IU | Vitamin C: 170mg | Calcium: 103mg | Iron: 4mg