

## **BLACK-EYED PEA JAMBALAYA (With Turkey Sausage)**

3/4 stick of lite margarine  
1 small onion, chopped  
1 small bell pepper, chopped  
1 can black eyed peas with jalapenos  
1 pound turkey sausage  
1 1/2 cup raw rice  
1 can beef broth  
Creole Seasoning to taste

Mix all ingredients together in a rice cooker and cook until done.

Makes 10 servings

Per serving:

Calories: 230 Sodium: 204.6 mg

Total Fat: 11.25 grams Dietary Fiber: 4 grams

Saturated: 3 grams Carbohydrates: 27.5 grams

Cholesterol: 7.2 mg Protein: 5.4 grams

Source: [www.stayhealthyla.org](http://www.stayhealthyla.org)

