



KitchenBooQ

Frugal -Cajun Smothered Green Beans With Sausage



Serving: 4



Cook Time: 75 mins



Level: Easy



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

PREPARATION

1. Heat the oil over medium heat in a 12-inch cast iron skillet.
2. Add the Cajun 'trinity' and cook down for 10 minutes. Add 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, or until the green beans darken in color, and most of the liquid cooks out.