

Ingredients

- 2 cups [uncooked brown rice](#) (about 5 cups cooked)
- 2-2 tbsp [vegetable broth](#) (or olive oil)
- 1 medium red onion diced
- 4 garlic cloves minced
- 5 tbsp [tomato paste](#)
- 2 tsp [smoked paprika](#)
- 2 tsp [Italian seasoning](#)
- 1/8 tsp [cayenne pepper](#) more to taste
- 1/4 tsp [sea salt](#) more to taste
- 2 large bell peppers sliced (or you can use frozen)
- 2 cups [low-sodium vegetable broth](#) (You may need to add more broth if it gets too dry)
- 1 4-pack [vegan sausage](#) sliced into 1/4 inch rounds
- 1 tsp [dried parsley](#) garnish

Instructions

1. Start by cooking the rice in a separate pot while you cook the rest of the meal so everything is ready at the same time.
2. In a large pan, saute the diced onions in 2-3 tbsp of vegetable broth (add more if it gets too dry) for 8-10 minutes or until soft.
3. Add the minced garlic, tomato paste, smoked paprika, Italian seasonings, cayenne pepper, and salt to the veggies. Mix to combine and let it cook for 2-3 minutes.
4. Add the fresh or frozen bell peppers and vegetable broth and bring it to a low simmer. Reduce the heat to medium-low.
5. Slice the vegan sausages into 1/4 inch rounds and then add it to the pan with the peppers and onions. Mix everything together and let it cook for 2-3 minutes or until the sausages are hot all the way through. Be careful not to overcook because the sausages can become rubbery.
6. Add all of the cooked rice, mix it well and let it cook for 2-3 minutes. You may need to add more vegetable broth to get it to your desired consistency. Garnish with parsley.

Notes

- If you don't want to use vegan sausages in this Italian sausage and peppers recipe you could substitute crumbled tofu, sliced tempeh, or any variety of beans for protein.
- Bell peppers can be expensive, look for the best price. It doesn't matter if it's fresh, frozen, sliced, diced, red, yellow, or green.
- Be careful not to overcook the vegan sausages because they can get a little chewy if you do.
- If you can't handle any heat then you should omit the cayenne pepper. I added about 1/8 tsp to spice it to our taste but I would recommend that you start with that amount and add more to taste.
- If you want to make a low-carb version of this recipe you can substitute cauliflower rice for the brown rice.
- Since this is a higher carb meal I would recommend that you serve it with a side of roasted vegetables (like broccoli or cauliflower) and a big side salad.
- You can store leftovers in the fridge for up to 3 days or freeze it for a future meal.