

## **Low-Point Kielbasa and Whole Grain Rice with Redeye Gravy**

Ingredients:

- 2 Tbs Land O Lakes light butter
- 1/2 shallot, diced
- 1 clove garlic, diced
- 7 oz. turkey Kielbasa (I used Jenny-O turkey kielbasa), thinly sliced
- 1/4 tsp. pepper
- 1/2 cup coffee (pre-made)
- 1 cup beef broth
- 2 Tbs flour
- 1/2 tsp. fresh thyme
- Uncle Ben's Ready-Made Whole Grain Rice Medley (the package you just place right in the microwave)

Melt butter in a large skillet over medium-high heat. Add shallots and garlic and sauté for about a minute. Add kielbasa and sauté/cook for 2 minutes or until kielbasa begins to brown. Add pepper, coffee, and beef broth. Let cook until it comes to a boil, and then sprinkle in the flour, a little at a time, whisking briskly until all the flour dissolves. Let sauce continue to boil and reduce for 2 1/2 to 3 minutes. Sprinkle with fresh thyme. Spoon rice onto 3 plates and add equal amounts of kielbasa and gravy over each plate. Enjoy!

Total servings - 3

Serving size - 1

Points per serving - 6.5

Points plus per serving - 7

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"A true friend is someone who overlooks your broken fence, and admires the flowers in your garden." - Anonymous***