
Wild Rice with Italian Sausage

Sue Hayden - Dayton's BBrookdale Home Store

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 cup wild rice, rinsed and drained

10 cups water

1/2 pound bulk "hot" Italian sausage

1 medium onion, diced

4 ounces (12) fresh mushrooms, sliced

1 tablespoon margarine

1 can (10-3/4 ounce) cream of mushroom soup

1/2 cup milk

1/2 teaspoon garlic powder

In a large saucepan, cook the wild rice in water until the kernels have "popped" but are still firm, about 50 minutes. Drain and rinse.

In a skillet, crumble and brown the sausage. Drain on paper towels. Set aside.

In a skillet, saute' the onion and mushrooms in margarine.

In a large bowl, combine all of the ingredients. Mix well. Spoon into a casserole dish.

Bake for about 30 minutes or until thoroughly heated.

Yield: 10 to 12 servings

Side Dishes

Per Serving (excluding unknown items): 941 Calories; 27g Fat (24.8% calories from fat); 33g Protein; 149g Carbohydrate; 13g Dietary Fiber; 19mg Cholesterol; 1314mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.