

Wild Rice-Sausage Bake

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Yield: 8 to 10 servings

*10 ounces wild rice
1 pound seasoned pork
sausage
1/2 cup onion, finely
chopped
1/4 cup butter
1 tablespoon flour
2/3 cup evaporated milk
1 teaspoon salt
1/4 teaspoon pepper
1/2 pound chopped fresh
mushrooms*

Preheat the oven to 350 degrees.

Cook the rice according to package directions.
Drain.

In a skillet, cook the sausage until done,
breaking it up with a fork as it cooks. Drain well
on paper towels.

Simmer the onion in two tablespoons of butter
until soft. Stir in the flour until bubbly. Stir in the
milk, salt and pepper until thick.

Saute' the mushrooms in two tablespoons of
butter. Add the rice, sausage and milk mixture to
the mushrooms. Toss lightly. Turn the mixture
into a greased two-quart casserole dish.

Bake for one hour.

(The casserole can be enlarged by adding more
rice and sausage.)

Per Serving (excluding unknown
items): 1702 Calories; 62g Fat
(31.9% calories from fat); 55g
Protein; 242g Carbohydrate; 19g
Dietary Fiber; 173mg Cholesterol;
2799mg Sodium. Exchanges: 14
1/2 Grain(Starch); 1 Vegetable; 1
1/2 Non-Fat Milk; 13 Fat.