

E-Z Sausage and Wild Rice Casserole

Douglas Frost

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1 cup wild rice
1 pound bulk sausage
2 cans (3 ounce ea)
mushrooms, drained
1 can mushroom soup
sherry (optional)
1 medium onion, thinly
sliced
1 stalk chopped celery*

Preheat the oven to 350 degrees.

Cook and drain the rice. In a skillet, cook the sausage until crumbly. Pour off the fat. Stir in the drained mushrooms and soup.

Add the soup mixture to the rice. Add the celery and sherry, if using.

Place a layer of the rice mixture in a buttered casserole. Top with the onion. Place the remainder of the rice mixture on the top. Cover.

Bake for 60 minutes.

Per Serving (excluding unknown items): 666 Calories; 49g Fat (65.4% calories from fat); 20g Protein; 37g Carbohydrate; 4g Dietary Fiber; 78mg Cholesterol; 1007mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 8 1/2 Fat.