

Sausage and Rice Casserole II

Betty Martin

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*1 onion
1/2 clove garlic
2 envelopes chicken noodle
soup mix
6 cups water
2 cups uncooked instant
rice
1/2 cup green pepper
1 pound ground sausage
2 stalks celery, chopped
1/2 cup blanched slivered
almonds*

Preheat the oven to 350 degrees.

In a skillet, brown the onion, garlic, green pepper and sausage.

In a saucepan, boil the soup in six cups of water. Add the rice, celery and almonds to the soup mixture. Return to a boil. Add the meat mixture. Cook a few minutes longer.

Turn the mixture into a casserole dish.

Bake, covered, for one hour, uncovering for the last 10 minutes.

Per Serving (excluding unknown items): 13 Calories; trace Fat (4.4% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1/2 Vegetable.