

Creole Stuffing

Ruth Bates - Temecula, CA
Taste of Home Grandma's Favorites

Servings: 8

1 1/2 cups uncooked brown rice
2 links Italian sausage
2 tablespoons vegetable oil
1 cup onion, chopped
5 cloves garlic, minced
1/2 cup sweet red pepper, diced
1/2 cup green pepper, diced
1 can (14-1/2 ounce) diced tomatoes, undrained
1 tablespoon lemon juice
1 teaspoon dried basil
1/2 teaspoon sugar
1/2 teaspoon hot pepper sauce
1/2 teaspoon chicken bouillon granules
1/4 teaspoon chili powder
1/4 teaspoon pepper
1/8 teaspoon dried thyme
1 teaspoon salt, divided
1 cup fully cooked ham, diced
1 cup cooked small shrimp (optional), peeled and deveined
3 tablespoons fresh parsley, minced

In a large saucepan, cook the rice according to package directions.

Meanwhile, in a skillet, cook the sausage in oil until a thermometer reads 160 degrees. Remove the sausages, reserving the drippings. When cool enough to handle, cut the sausages in half lengthwise, then into 1/4-inch pieces. Set aside.

Saute' the onion, garlic and peppers in the drippings until tender, about 4 minutes. Add the diced tomatoes, lemon juice, basil, sugar, hot pepper sauce, bouillon, chili powder, pepper, thyme and one teaspoon of salt. Cook and stir for 5 minutes.

Add the mixture to the cooked rice. Stir in the ham and shrimp, if desired, the sausage and parsley. Mix lightly.

Per Serving (excluding unknown items): 151 Calories; 12g Fat (73.0% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 509mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.