

Wild Brown Rice with Sausage Stuffing

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 packages wild rice mix
(Uncle Ben's)
1 1/2 envelopes seasoning
mix
1 pound Jimmy Dean
sausage
1 can water chestnuts
2 tablespoons chopped
onions
2 tablespoons chopped
parsley*

Prepare the rice according to package directions.

In a skillet, crumble and cook the sausage until browned.

Add the seasoning mix, water chestnuts, onions, and parsley.

Blend the sausage mixture into the rice.

Per Serving (excluding unknown items): 10 Calories; trace Fat (7.1% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Vegetable.