

Rice and Beans with green Chiles

2 1/2 Cups Water
1 1/2 cups rice
8oz can tomato sauce
1 can pinto beans drained
1 can diced green chilies
2 pkgs of turkey breakfast sausage
tomato to garnish



Cut up sausage. Put all ingredients in large pan and bring to a boil. Simmer covered for 20 min or until rice is done and liquid is absorbed.

<http://www.lincolntent.com/GlutenFreeCaseinFree-SausageRecipes.html>