



Savory Rice and Sausage Mix

Serves 6

1 lb sausage
2 Onions
4 Cups Water
Ingredient Mix
Optional can of corn or green beans

Brown sausage and onion. Stir in ingredient mix. If using vegetables add after water is mostly heated.. Bring to a boil. Cover and simmer for 25 min or until rice is done.

Ingredient Mix
2 cups of Rice
4 packets of Herb-Ox Bouillon Packets Chicken Instant Broth & Seasoning Sodium Free
1 t dried Rosemary
1/2 t dried minced garlic
Mix ingredients and put in a sealed bag.

I own a Food Saver my Mom gave me years ago and I never used much. Now that my daughter is wheat and dairy free I use it all the time to create convenience foods. I make this packet when we travel then we can take our camp stove and stop at a park to eat. It is simple and only takes one pot to make. It really doesn't take much longer than stopping at a fast food restaurant used to take.

<http://www.lincolntent.com/GFCF-Camping.html>

Or

<http://www.lincolntent.com/GFCF-Mix.html>

or

<http://www.lincolntent.com/GFCF-Sausage.html>