

Salsalito Rice and Sausage

1 can of tomatoes with garlic

half a small onion chopped

1 green pepper chunked

1/2 t cumin

1/2 t oregano

1 t chili powder

1 T brown sugar

1 t salt

1 lb Kielbasa sausage sliced

1 can corn drained

add at the time you cook it

2 cups brown rice (use brown if cooking in crockpot)

(Use white rice for stove top reduce to 1 1/2 Cups – for brown need to simmer 45 minutes not 25)

3 cups water

Puree tomatoes Stir in vegetables. Add rest of the ingredients.

Stove Top: - Bring to a boil. Then reduce heat and simmer for 25 minutes until rice is done

Crock pot - Cover and cook on high for 3 to 4 hours until rice is tender and liquid is absorbed

Making ahead mix to the line and store in fridge or freezer. Add water and rice. Cook on stove top or in Crock Pot

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

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