

Rice and Sausage

2 cups (dry) rice

1 lb sausage (e.g., spicy chicken types), sliced and halved (I peel off the casing)

1 onion, chopped

1 bell pepper, chopped

3 celery stalks, chopped

1 16 oz can kidney beans, washed and boiled for 2 min

1 tsp crushed garlic

½ cup frozen peas, thawed and boiled for 2 min

½ cup frozen corn, thawed and boiled for 2 min

1/3 cup dried tomato flakes (online at Atlantic Spice)

1 pkg Mrs Dash Fajito seasoning mix

Cook the rice. Sauté the sausage, onion, pepper, garlic and celery. Add the tomato flakes, peas, corn, and beans to the rice near the end of its cooking. Mix it all together with the seasoning mix and serve.

Play with the proportions if you like more of one or the other. Add more/different stuff (e.g., broccoli, chicken, etc.). Store in Ziploc snack size bags in the freezer and microwave for 2 min for a low cal lunch.