

Riverview Wellness Center

Recipe

Recipe for: Chicken and Sausage Casserole

Ingredients: 3 boneless chicken breasts, cut in half or thirds
6 chicken or turkey sausages
1 onion, sliced
1 clove garlic, minced
3-4 stalks of celery, sliced
1 small can tomato sauce
Olive oil

Preparation: Spread olive oil around the bottom of a large casserole dish. Place chicken breasts and sausage in dish. Place brown rice and vegetables on top of the meat. Spread tomato sauce over rice and vegetables. Sprinkle top with oregano, basil, parsley, thyme or other preferred seasoning. Cover and bake for 2 ½ hours at 350°. Check after 1 hour to see if water is needed to cook the rice.