

## **Grandmother's Sausage Rice Casserole**

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(This is my Mom's recipe and my son David's favorite – something he cooks all the time!)

### Ingredients:

- 1 pound bulk breakfast sausage – mild or hot to your taste
- 1 can cream of mushroom, celery, or chicken soup (traditionally its mushroom soup)
- 1 cup uncooked long-grain white rice (Uncle Ben's works great)
- 1 tablespoon Worcestershire Sauce
- 1 cup water
- 8 ounces shredded sharp cheddar cheese (my Mom always used New York Sharp)

### Directions:

1. Spray a 9x9 casserole dish with pan spray and set aside. Preheat oven to 350°.
2. In a large skillet, crumble the sausage and sauté until lightly browned. Remove sausage crumbles from skillet and drain off fat, wipe out skillet with paper towel to remove excess fat.
3. Add rice, soup, and water to skillet. Stir gently to mix soup and water together. Add sausage back to soup mixture. Bring to a boil over medium heat, and then reduce heat to simmer, cover and cook for approximately 15 minutes until the rice is mostly cooked through.
4. Remove from heat, stir in Worcestershire sauce and spoon mixture into prepared casserole. Top with shredded cheddar cheese.
5. Bake in 350° oven for 25 minutes. Serve immediately with a salad or other vegetable!

*Note:* When my daughter was eating vegetarian, this recipe worked beautifully with the bulk vegetarian sausage that you can now purchase at almost any major grocery store! You can leave out the Worcestershire sauce and use Soy sauce instead to continue with the vegetarian theme.