

Sausage Zucchini Stovetop Casserole



- 1 lb bulk pork sausage
- 1 tablespoon canola oil
- 3 medium zucchini, thinly sliced or grated
- 1 medium onion, chopped
- 1 14-oz can stewed tomatoes, cut up
- 1 8.8-oz package ready to serve rice
- 1 teaspoon prepared mustard
- ½ teaspoon garlic salt
- ¼ teaspoon pepper
- 1 cup shredded sharp cheddar cheese

In a large skillet, cook pork sausage over medium heat 5 to 7 minutes, breaking into crumbles. Drain & remove sausage from pan.

In same pan, heat oil over medium heat. Add zucchini and onion; cook and stir 5 to 7 minutes or until tender. Stir in sausage, tomatoes, rice, mustard, garlic salt and pepper. Bring to a boil. Reduce heat; simmer covered 5 minutes to allow flavors to blend.

Remove from heat; sprinkle with cheese. Let stand covered for 5 minutes to melt cheese.

Recipe submitted by
Steve Zikmund

Kearney Managed Print Specialist



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