

Reheating Instructions: If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions. **DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

Cajun Chicken, Sausage, and Rice Bake

INGREDIENTS

2 cups rice, uncooked
2 cups water
¾ cups cooked, diced chicken
¾ cups kielbasa sausage, sliced
1 cup onion, finely diced
½ cup carrots, diced
½ cup green pepper, diced
2 cups diced tomatoes
½ cup tomato sauce
1 Tbsp. Creole seasoning

INSTRUCTIONS

1. Spray or butter a 9x13 casserole pan. Preheat the oven to 375 degrees F.
2. Mix all of the ingredients together in the casserole pan. Stir and pat down evenly.
3. Bake, covered, at 375 for about 40 minutes. Let sit for 5 minutes. Enjoy!

CONVIVIUM URBAN FARMSTEAD

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