



## **THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING**

*The recipe is provided below if you would like to recreate the meal.*

### **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.**

## **Italian Sausage & Rice Casserole**

*\* Ingredients subject to change based on availability.*

2 cups uncooked minute rice  
2 cups water  
1 cup chopped kale (or spinach)  
1 cup diced tomatoes, chopped  
½ cup red onion, finely diced  
1/2 teaspoon salt  
¼ teaspoon ground pepper  
1 teaspoon garlic powder  
¾ lb ground italian sausage  
1 cup parmesan cheese

### **INSTRUCTIONS**

1. Preheat oven to 375 degrees F. Then, spray a large casserole dish with nonstick cooking spray.
2. Mix rice, water, sausage, kale on top, tomatoes, red onion, seasoning and garlic powder.
3. Mix together everything in the casserole dish so that it's evenly spread out. Use your hands or the back of a spoon to press the veggies down to submerge into the liquid.
4. Spread the parmesan evenly on top of casserole.
5. Cover and bake for 45 minutes or until rice is fully cooked.
6. Let cool for 5-10 minutes and serve!

## **CONVIVIVUM URBAN FARMSTEAD**

*Follow us on FACEBOOK to stay up to date with each week's casserole recipe and availability*

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