

Wild Rice and Sausage Stew – Al Jones

One medium leek (use white part only)

One cup diced carrots

One and one third cup wild rice

Three cloves garlic

One pound hot Italian sausage

Three teaspoons chili powder

6 chicken bullion cubes

Add wild rice to 6 cups of water and chicken bullion.

Dice garlic and add to water.

Cook over medium heat until boiling and then reduce heat to simmer.

Saute sausage and cut into small pieces.

Dice leek and carrots and set aside.

When rice is tender (approximately 45 minutes) add carrots, leek, garlic and chili powder.

Simmer until carrots are tender (add a little additional water if required).

Stew should have a thick consistency.

This stew is a hearty, slightly spicy meal. Cooking and preparation time is approximately 1.5 hours.