

Menu 10

Sausage and red beans

Rice

Corn bread

Sausage and red beans

- 1 pkg smoked sausage
- 2 cans diced tomatoes
- 2 cans chili beans
- 2 -8oz cans of tomato sauce
- 1/2 chopped onion
- 2 stalks celery diced
- a teaspoon of each basil and oregano

Mix all in a skillet and cook until heated through. In separate pot cook 1lb rice according to package directions.