

Italian Sausage Jambalaya

1 cup instant rice

1 medium onion, chopped

1 1/2 cups chopped green pepper

1/2 cup sliced celery

1 can tomatoes

4 drops hot pepper sauce

1/4 tsp. pepper

Cooking spray

1 lb. hot or mild Italian sausage, cut into 2 inch pieces.

Cook rice according to the package. While rice is cooking, coat inside of large skillet with cooking spray according to directions. Heat skillet over medium heat and add sausage, onion, green pepper, and celery. Sauté until vegetables are tender. Add tomatoes, hot pepper sauce, and pepper. Drain cooked rice and stir into sausage mixture. Cook over low heat, stirring frequently until thoroughly heated.

* A sprinkle of sugar perks up tomato sauce. It balances the acid in the tomato.