



## Manoomin Casserole

### Ingredients:

- 1 1/2 cups wild rice
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 cups (approx.) sliced fresh mushrooms
- 3/4 cup celery, chopped
- 1/2 lb. bacon, chopped
- 1 cup frozen peas (optional)
- 1/4 cup Soya sauce
- pepper to taste

### Instructions:

- Cook wild rice according to How to Cook Wild Rice, remembering to double the amounts in the instructions to accommodate this recipe.
- Drain the rice if necessary and lightly rinse with water.
- Brown the bacon ( or chicken ) and drain on paper toweling.
- Sauté the mushrooms in 2 tbs. butter or oil and toss with rice. In skillet, sauté onions, celery, and green pepper until softened, about 5 minutes.
- Add bacon, cooked wild rice and mushrooms, peas, Soya sauce, pepper, and gently stir-fry together over medium heat for 5 minutes or until warmed through.

**Note:** This recipe can be varied in many different ways, to make it lower fat, the bacon can be replaced with chicken, and to decrease the amount of salt, the Soya sauce can be replaced with chicken broth. Serves 6 – 8.