

Black Bean & Spicy Sausage Stew - Bonnie

Ingredients:

2 cups brown or white rice
12 oz hot Italian sausage removed from casing
4 cloves minced garlic
1/4 cup water
1 Tbsp corn starch
1/4 Tsp ground allspice
2 15 1/2 oz cans black beans drained and rinsed
14 1/2 can diced tomatoes with juice
4 oz can diced green chilies

Directions:

Sauté hot Italian sausage and garlic together.
Add last four ingredients to sautéed sausage and garlic and mix.
Mix corn starch and water to thicken
Simmer for about two hours, stirring occasionally.
Cook rice
Serve stew over the rice.