

Wild Rice with Sausage and Mushrooms

Ingredients:

- 1 tablespoon of butter or oil
- 1lb of seasoned Italian pork sausage
 - Alternatively, you can season your pork sausage yourself.
- 12oz of sliced mushrooms
- ½ cup finely chopped onion
- 1 cup Wild rice
- 2 cup hot water or broth (microwave for 2-3 minutes)

Directions for Pressure Cooker:

1. Add 1 Tablespoon of oil or butter to the pressure cooker pot and set to sauté . Add chopped onions and mushrooms and sauté for 2-4 minutes.
2. Add Italian sausage and brown well (onions should be tender and translucent)
3. Turn off the pressure cooker and drain any excess fat. Return the pot to your cooker base.
4. Rinse your wild rice then add the rice to your instant pot.
5. Add your 2 cups of hot water or broth and mix well.
6. Set your pressure cooker to 30 minutes on high pressure.
7. When the cooker is done, allow the rice to natural pressure release (do not vent)
8. Fluff the rice gently with a fork before serving.

Directions for stove:

1. In a saucepan combine wild rice and water or stock. Bring to a simmer, cover, and cook until rice is tender, about 60 minutes. Try not to peek at it too much or you will lose too much moisture. If you feel you have lost too much moisture and the rice is still too firm, add some more water/broth until you reach desired consistency.
2. Meanwhile, add butter/oil to a skillet and sauté onions and mushrooms for 2-4 minutes. Then add sausage and brown off. Drain off any excess fat.
3. Once your rice is done, you can drain it through a sieve to remove any remaining water.
4. Mix everything together and serve immediately.