

“Tastes-Like-Jambalaya” Quinoa Casserole *(a creation of Jean Kamla)*

2 cups quinoa

1 onion chopped

1 bell pepper chopped

4 cloves of garlic minced

Turkey sausage cut into bite sized pieces

3 cups of beef stock or stock of choice

I used slap yo mamma's seasoning without salt--they add no preservatives if I read right!

Put all in rice cooker or slow cooker and heat until cooked through.