

# Italian Sausage Stew

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Cooking time (minutes):

5 Microwave

3 Wok

8

cups

4.0

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
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<b>Sausage</b>	<b>lbs</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
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1.0

5 Cook in wok (about 5 minutes), Drain & Leave in wok

<b>Pasta Shells</b>	<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Water</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

0.5

Add to quart bowl & Microwave for 4 minutes on high  
Drain water

<b>Tomato, Stewed</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Vegatables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Broth, chicken</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Celery</b>	<b>spice</b>	<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>

1.0

1.0

0.5

Add to bowl & Mix

3 Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

**NOTE: This recipe requires the Wok & Microwave**