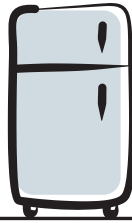


The  
"Whatever's  
In The Fridge"  
cooking show.



Hosted by  
**Patchez Kennedy**  
in her own kitchen in  
Mer Rouge, Louisiana



## SPINACH, SAUSAGE, & RICE MUFFINS

### *Ingredients:*

- 1 lb. hot sausage
- 4 large eggs, beaten
- 1 cup milk
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. chicken bouillon paste, or 1 chicken bouillon cube crumbled
- ¾ cup grated sharp cheddar cheese
- ¾ cup grated Swiss cheese
- 5 oz. fresh baby spinach, torn in small pieces
- 1 ½ cups cooked 4Sisters Organic Brown rice

### *Directions:*

1. Preheat oven to 350 degrees.
2. In a skillet, brown sausage & drain grease.
3. Whisk the eggs with the, milk, salt, pepper, & chicken bouillon.
4. In a large bowl, mix together the cooked sausage, egg mixture, both cheeses, & cooked rice.
5. Grease a muffin tin and add the sausage, egg, and rice mixture.
6. Bake 20-25 minutes. Let rest 10 minutes before serving.

Serve for breakfast or as a savory snack!

*Makes 12-15 muffins.*

*Serves 4-6*

To Watch the show visit: [4SistersRice.com](http://4SistersRice.com)

