

## MORSELS AND MORE; ITALIAN STEW

1 lb. Italian sausage (or other ring sausage)

1 cup chopped onion

1 T. minced garlic

2 summer squash, diced

2 zucchini, diced

2 carrots, cut thin (pre-cooked for ease of slicing)

2 cups sliced mushrooms

2 cans Italian stewed tomatoes

2 T, grated parmesan (use chunk cheese for taste and for an added task)

Cook sausage with onion and garlic. Add squash, zucchini, carrot, mushrooms, and tomatoes. Reduce heat. Simmer until veggies are tender. Spoon over rice or noodles, sprinkle with parmesan. Serve with garlic bread.