

Beef

Create A Casserole (Meat and Rice Bake)

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 5

MCROWAVE ALTERNATIVE

Prepare casserole as directed except do not sprinkle with crumbs. Cook covered in microwave until heated through, about 12 minutes, stirring once. Stir again before serving and sprinkle with buttered crumbs.

SOUP SUGGESTIONS

cream of mushroom
cream of celery
Cheddar cheese
cream of chicken

MEAT SUGGESTIONS

beef
pork
ham
chicken or turkey
cooked ground beef

SEASONING SUGGESTIONS

1 tablespoon snipped parsley (with any meat)
1/4 teaspoon chili powder (with beef or ground beef)
1/4 teaspoon caraway seed (with pork or ham)

CRUMB SUGGESTIONS

3/4 cup bread crumbs
1/2 cup crushed crackers (14 crackers)
1/2 cup crushed pretzels (omit butter)

1 can (10 3/4 oz) condensed soup

1/2 cup sour cream

1/2 cup milk

1 1/2 cups cooked meat, chopped

1 1/2 cups cooked rice

1 cup canned peas

1 can (2 oz) chopped mushrooms, drained

seasoning

crumbs

1 tablespoon butter, melted

Preheat oven to 350 degrees.

In a bowl, stir together soup, sour cream and milk until smooth. Stir in meat, rice, peas, mushrooms and seasoning. Place mixture into a 1 1/2-quart casserole. Combine crumbs and melted butter; sprinkle over casserole.

Bake, uncovered, until heated through, about 55 to 60 minutes.

Per Serving (excluding unknown items): 186 Calories; 8g Fat (39.9% calories from fat); 5g Protein; 23g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 173mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.