

Special Beef and Rice Casserole

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

*3 pounds boneless chuck, cut in
1-1/2-inch cubes
12 slices bacon, cut in 1/2-inch
strips
2 large onions, sliced
1 cup raw rice
1 cup dry red wine
2 cups consomme'
1 clove garlic, mashed
1/2 teaspoon dried thyme
1 teaspoon parsley, chopped
1 small bay leaf
1/2 teaspoon saffron (optional),
crumbled
1 1/2 cups fresh or canned tomatoes,
chopped
1 cup Parmesan cheese, grated
salt (to taste)
pepper (to taste)*

Preheat the oven to 325 degrees.

In a large heavy skillet, cook the bacon. When it is crisp, skim it out and spread it on the bottom of a large casserole.

In the accumulated fat, brown the beef cubes well. Transfer them to the casserole.

Brown the onions lightly in the remaining fat in the skillet. Stir in the dry rice. Stir constantly until the rice is starting to brown. Set aside for the moment.

Add to the casserole, the wine, consomme', garlic, thyme, parsley, bay leaf and saffron. Cover.

Bake for one hour.

Skim off any fat accumulated. Stir the rice mixture and tomatoes into the casserole. Cover again. Bake an additional one hour. Check a couple of times to be sure that there is enough liquid for the rice to absorb (add additional consomme', if needed).

Just before serving, review the seasoning and stir in the cheese. Heat long enough to melt the cheese.

Per Serving (excluding unknown items): 177 Calories; 10g Fat (61.6% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 477mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Beef

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|----------|-----------------------------|-------|
| Calories (kcal): | 177 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 61.6% | Vitamin B12 (mcg): | .4mcg |
| % Calories from Carbohydrates: | 12.1% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 26.3% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 10g | Folacin (mcg): | 10mcg |
| Saturated Fat (g): | 5g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 4g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 28 |
| Cholesterol (mg): | 21mg | % Refuse: | n n% |
| Carbohydrate (g): | 5g | Food Exchanges | |
| Dietary Fiber (g): | 1g | Grain (Starch): | 0 |
| Protein (g): | 10g | Lean Meat: | 1 1/2 |
| Sodium (mg): | 477mg | Vegetable: | 1/2 |
| Potassium (mg): | 181mg | Fruit: | 0 |
| Calcium (mg): | 197mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 1 |
| Zinc (mg): | 1mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 7mg | | |
| Vitamin A (i.u.): | 105IU | | |
| Vitamin A (r.e.): | 29 1/2RE | | |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

| | | | |
|----------------------------|-------|---------------------------|-----|
| Calories | 177 | Calories from Fat: | 109 |
| % Daily Values* | | | |
| Total Fat | 10g | | 16% |
| Saturated Fat | 5g | | 24% |
| Cholesterol | 21mg | | 7% |
| Sodium | 477mg | | 20% |
| Total Carbohydrates | 5g | | 2% |
| Dietary Fiber | 1g | | 3% |
| Protein | 10g | | |
| Vitamin A | | | 2% |
| Vitamin C | | | 12% |
| Calcium | | | 20% |
| Iron | | | 3% |

* Percent Daily Values are based on a 2000 calorie diet.