

Brown Rice Bake

Marcia Bartholomew - Gillette, WY
Treasure Classics - National LP Gas Association - 1985

Yield: 8 to 10 servings

3 cups cooked brown rice
2 cups fresh mushrooms,
sliced
1/4 cup chopped onion
2 tablespoons butter or
margarine
2 eggs
2 packages (3 ounce ea)
cream cheese, softened
1 can (13 ounce)
evaporated milk
1/4 cup snipped parsley
1 teaspoon salt

Preparation Time: 15 minutes**Bake Time: 45 minutes**

Cook the brown rice according to package directions. Set aside.

In a skillet over medium heat, cook the mushrooms and onion in butter until the onion is tender but not brown.

In a bowl, beat together the eggs and cream cheese until smooth. Stir in the milk. Stir in the cooked rice, parsley, salt and cooked mushroom mixture. Turn the mixture into a 10x6x2-inch baking dish.

Bake, uncovered, in a 350 degree oven for 40 to 45 minutes or until a knife inserted off-center comes out clean.

Let stand for 10 minutes before serving.

Per Serving (excluding unknown items): 3015 Calories; 219g Fat (64.8% calories from fat); 82g Protein; 186g Carbohydrate; 12g Dietary Fiber; 1069mg Cholesterol; 4156mg Sodium. Exchanges: 9 Grain(Starch); 6 1/2 Lean Meat; 2 Vegetable; 2 Non-Fat Milk; 38 1/2 Fat.