

Curried Rice

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 cups cooked rice
1 green pepper, diced
1 onion, diced
2 cups tomatoes
3 cups water
4 tablespoons butter
1 1/2 teaspoons curry
powder*

Preheat the oven to 375 degrees.

In a bowl, mix all of the ingredients.

Transfer the mixture to a well-greased casserole dish.

Bake for 30 minutes or until the onions and peppers are well cooked.

Per Serving (excluding unknown items): 1046 Calories; 49g Fat (41.5% calories from fat); 16g Protein; 139g Carbohydrate; 11g Dietary Fiber; 124mg Cholesterol; 537mg Sodium. Exchanges: 7 Grain(Starch); 6 Vegetable; 9 1/2 Fat.