

Wild Rice Casserole

*Our Favorite Recipes
Best of the Best from Minnesota Cookbook*

Servings: 4

*3/4 cup uncooked wild rice
1 teaspoon salt
dash pepper
1 cup fresh mushrooms,
sliced
1 onion, chopped
1 green pepper, chopped
2 teaspoons butter
1 can cream of mushroom
soup
1/2 soup can milk
1 cup Cheddar Cheese,
grated
3/4 cup parsley (optional)*

Preheat the oven to 325 degrees.

In a saucepan, cook the wild rice with salt and pepper.

In another saucepan, saute' the mushrooms, onions and green pepper in two teaspoons of butter. Add the soup and milk, adding the cheese so it melts. Add to the rice. Stir in the parsley, mushrooms, onion and green pepper.

Pour into a greased casserole dish. Cover.

Bake for one hour or until the rice is tender.

Per Serving (excluding unknown items): 205 Calories; 15g Fat (63.8% calories from fat); 10g Protein; 9g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 1003mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.