

Wild Rice Casserole III

Dave Baum - Dayton Hudson Central

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

*1 package (6 ounce) long
grain and wild rice mix
1 pound extra lean ground
beef
16 ounces fresh
mushrooms, sliced
1 can (8 ounce) sliced water
chestnuts, drained
soy sauce (for serving)*

Prepare the rice mix as directed on the package.

In a skillet, brown the ground beef. Drain.

Add the rice, mushrooms and water chestnuts with the ground beef. Simmer for 10 minutes.

Serve with soy sauce.

Per Serving (excluding unknown items): 1172 Calories; 79g Fat (60.9% calories from fat); 94g Protein; 20g Carbohydrate; 5 Dietary Fiber; 313mg Cholesterol; 317mg Sodium. Exchanges: Lean Meat; 4 1/2 Vegetable;