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# Spinach Supreme

*Flossie Vanderkooy*

*Nettles Island Cooking in Paradise - 2014*

**1 pound ground beef**  
**1 onion, chopped**  
**1 can (8 ounces) mushrooms, sliced**  
**2 cloves garlic, minced**  
**3 tablespoons butter, melted**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**2 packages (10 ounce ea) chopped frozen spinach (drain very well)**  
**1 can cream of mushroom soup**  
**1 cup sour cream**  
**1 tablespoon uncooked rice**  
**1 package (8 ounces) shredded Cheddar or mozzarella cheese**

In a skillet, saute' the ground beef, onion, mushrooms and garlic in butter. Drain.

Add all of the remaining ingredients. Mix well.

Place the mixture into an ungreased casserole dish. Cover with cheese.

Bake in the oven at 350 degrees for 45 minutes.

## Side Dishes

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*Per Serving (excluding unknown items): 2392 Calories; 212g Fat (80.0% calories from fat); 88g Protein; 32g Carbohydrate; 3g Dietary Fiber; 584mg Cholesterol; 2886mg Sodium. Exchanges: 1/2 Grain(Starch); 11 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 36 1/2 Fat.*