

Chuckwagon Casserole

Linda taylor

St Timothy's - Hale Schools - Raleigh, NC - 1976 Linda Taylor

1 pound ground beef
1/2 cup chopped celery
1/2 cup chopped onion
1/4 cup green peppers,
diced
1 can (6 ounce) tomato
paste
1/2 cup water
1 tablespoon chili powder
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon MSC
(optional)
2 cups (one pound can)
lima beans, drained
2 cups (one pound can)
pork & beans

TOPPING

5 ounces American or
Cheddar cheese, cut into
1/4 inch cubes
2 tablespoons milk
2 cups corn chips, crushed
1 can (8 ounce) buttermilk
biscuits

Preheat the oven to 425 degrees.

In a large skillet, brown the ground beef. Add the celery, onion and green pepper. Cook until the vegetables are tender. Drain.

Add the tomato paste, water, chili powder, salt, paprika, MSG and beans. Simmer while preparing the topping.

Transfer the hot meat mixture to a casserole.

Prepare the topping: Cut the cheese into cubes. Separate the biscuit dough into ten biscuits. Place a cheese cube in the center of each biscuit. Fold in half and firmly press the edges to seal. Dip the biscuits in milk and coat both sides with crushed corn chips.

Place the biscuits around the edge of the casserole. Seal the edge facing the center, on the hot meat mixture.

Bake for 15 to 20 minutes until the biscuits are golden brown.

Per Serving (excluding unknown items): 3245 Calories; 153g Fat (41.8% calories from fat); 166g Protein; 314g Carbohydrate; 84g Dietary Fiber; 390mg Cholesterol; 4190mg Sodium. Exchanges: 18 1/2 Grain(Starch); 15 Lean Meat; 7 Vegetable; 0 Non-Fat Milk; 24 Fat.