

Hamburger Hash

Vickie Scott - Lusk, WY

Treasure Classics - National LP Gas Association - 1985

Servings: 8

*2 pounds hamburger
1 large onion
1 cup celery
1 can (10-3/4 ounce) cream
of mushroom soup
1 can (10-3/4 ounce) cream
of chicken soup
1 1/2 cups warm water
1 cup uncooked rice
1/4 cup soy sauce
1/4 teaspoon pepper
1 cup crisp chinese noodles*

Preparation Time: 20 minutes**Bake Time: 45 minutes**

In a skillet, brown the hamburger until crumbly. Add the onion, celery, mushroom soup, chicken soup, water, rice, soy sauce, pepper and noodles.

Pour the mixture into a three-quart casserole.

Bake, covered, for 30 minutes at 350 degrees. Uncover. Bake for 15 minutes longer.

Best when served with a salad and rolls.

Per Serving (excluding unknown items): 390 Calories; 17g Fat (38.8% calories from fat); 17g Protein; 43g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 1269mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.