

Minnesota Wild Rice Casserole with Hamburger

Jo Kopplin - Raleigh, NC

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Yield: 12 to 16 servings

*2 cups wild rice
4 cups water
2 teaspoons salt
2 pounds hamburger
1/2 cup butter
1 pound fresh mushrooms
1/2 cup celery, chopped
1/2 cup onion, chopped
1/4 cup soy sauce
2 cups sour cream
2 teaspoons salt
1/4 teaspoon pepper
1/2 cup slivered almonds*

Preparation Time: 20 minutes

Bake Time: 1 hour

Wash the wild rice thoroughly (at least two waters). Cook the rice in four cups of water and two teaspoons of salt for 40 minutes. Drain.

In a skillet, brown the hamburger. Remove from the pan and drain the pan.

Add 1/4 cup of butter and melt. Saute' the mushrooms, celery and onions for 5 minutes.

In a three-quart casserole dish, combine the rice, hamburger, vegetable mixture, soy sauce, sour cream, salt, pepper and almonds.

Bake, uncovered, for one hour at 350 degrees. Stir several times, adding small amounts of water if deemed necessary.

Per Serving (excluding unknown items): 6325 Calories; 351g Fat (48.7% calories from fat); 216g Protein; 616g Carbohydrate; 33g Dietary Fiber; 807mg Cholesterol; 17858mg Sodium. Exchanges: 37 Grain(Starch); 10 1/2 Lean Meat; 7 1/2 Vegetable; 1 1/2 Non-Fat Milk; 64 Fat.