

# One Dish Dinner

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

**Servings: 6**

*potatoes, peeled and sliced  
1/2 cup cooked rice  
1 1/2 pounds ground beef  
2 onions, sliced  
2 green peppers, chopped  
fine  
1 large can tomatoes  
salt  
pepper*

Preheat the oven to 300 degrees.

Arrange the potatoes in a layer in the bottom of a casserole dish.

Sprinkle the cooked rice over the potatoes.

In a skillet, brown the ground beef. Add the ground beef as a layer in the casserole.

Spread the onions over the ground beef.

Place the green peppers over the onions.

Pour the tomatoes over everything. Season to taste with salt and pepper.

Bake for one and one-half hours in a slow oven.

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Per Serving (excluding unknown items): 401 Calories; 30g Fat (68.6% calories from fat); 20g Protein; 11g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 81mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.