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# Busy Day Salmagundi

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**3/4 cup uncooked long grain rice**  
**1 1/2 teaspoons salt**  
**1/8 teaspoon pepper**  
**2 cans (8 ounce) seasoned tomato sauce**  
**1 cup hot water**  
**1 cup chopped onion**  
**1/2 cup chopped green pepper**  
**1 pound ground beef**  
**1 teaspoon salt**  
**1/2 teaspoon M.S.G.**  
**1 can (12 ounce) kernel corn or 1-1/2 cups drained**  
**2 to 3 teaspoons chili powder**  
**4 slices bacon**

In an ungreased two-quart casserole, place a layer of uncooked rice. Sprinkle with salt and pepper.

Pour one can of the tomato sauce and the hot water over the top. Add a layer of onions and green peppers. Then a layer of ground beef. Sprinkle with the salt and MSG. Top with the corn. Add the chili powder to the remaining can of tomato sauce and pour over the corn. Top with bacon slices.

Cover and bake in a 375 degree oven for one hour.

Uncover and bake for 15 minutes longer or until the rice is done.

Yield: 5 to 6 servings

## **Ground Beef**

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*Per Serving (excluding unknown items): 1682 Calories; 136g Fat (72.8% calories from fat); 87g Protein; 27g Carbohydrate; 9g Dietary Fiber; 407mg Cholesterol; 6207mg Sodium. Exchanges: 1/2 Grain(Starch); 12 Lean Meat; 3 Vegetable; 20 1/2 Fat.*