
Chinese Hash

Claire Beasley - Portland, OR

Olde Family Favorites - Order of the Eastern Star -1965

1 1/2 pounds ground beef
2 tablespoons oil
2 medium onions, chopped
1 cup celery, finely chopped
1 can cream of mushroom soup
1 can cream of chicken soup
1 1/2 cups warm water
1/2 cup uncooked rice
1/4 cup soy sauce
1/4 teaspoon pepper
1 can (No 3) (5-3/4 cups) crisp chinese noodles

In a skillet, brown the meat in oil, stirring until crumbs.

Add the onion, celery and soup. Add two soup cans of water to the mixture. Stir in the rice, soy sauce and pepper. Turn the mixture into a 8 x 11-inch flat pan. Cover with a lid or foil.

Bake in the oven at 350 degrees for 90 minutes.

Remove the lid. Bake for 30 minutes.

Cover the mixture with the noodles. Bake for 15 minutes.

Yield: 8 to 10 servings

Ground Beef

Per Serving (excluding unknown items): 2741 Calories; 225g Fat (74.4% calories from fat); 126g Protein; 48g Carbohydrate; 7g Dietary Fiber; 591mg Cholesterol; 6718mg Sodium. Exchanges: 1 Grain(Starch); 16 1/2 Lean Meat; 5 1/2 Vegetable; 36 Fat.