

Hamburger Rice Pie

Victoria Sulzycki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 pound ground beef
1/2 cup fine dry bread
crumbs
1/4 cup chopped onion
1/2 cup finely chopped
green pepper
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 cans (8 ounce ea) tomato
sauce
1/2 cup grated American
cheese
3 cups cooked rice*

In a bowl, mix the beef, bread crumbs, onion, green pepper, salt, pepper and one-half can of tomato sauce.

Spread the mixture into a nine-inch pie pan, pressing the mixture into the sides to form an edge.

In a bowl, mix the cheese, rice and remaining sauce. Spoon into the meat shell.

Bake at 350 degrees for about 35 minutes or until the meat is done.

Per Serving (excluding unknown items): 2291 Calories; 123g Fat (48.6% calories from fat); 97g Protein; 195g Carbohydrate; 10g Dietary Fiber; 386mg Cholesterol; 6483mg Sodium. Exchanges: 10 Grain(Starch); 11 Lean Meat; 6 1/2 Vegetable; 18 Fat.