
Hamburger Rice

Amy Wills - Williamstown, KY

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

1/2 pound ground beef
1 small onion, chopped
1/2 green or red pepper, chopped
1 cup uncooked rice
1 cup cold water
2 cups tomato juice
1 tablespoon Worcestershire sauce
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon black pepper

In a skillet, fry the ground beef, onion and pepper. Drain off the excess fat.

In a bowl, mix the rice, cold water, tomato juice, Worcestershire sauce, sugar, salt and black pepper. Add the ground beef mixture. Mix well. Turn the mixture into a casserole dish.

Bake in the oven at 325 degrees for 30 minutes.

Ground Beef

Per Serving (excluding unknown items): 111 Calories; 8g Fat (60.6% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 526mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.