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# Hamburger-Corn Casserole

*Kevin Terveen*

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**1/2 cup rice (cook for 15 minutes)**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 teaspoon chili powder**  
**2 tablespoons butter**  
**1 pound ground beef**  
**2 tablespoons onion, chopped**  
**20 ounces (2-1/2 cups) diced tomatoes**  
**1 can (12 ounce) whole kernel corn**

Grease a two-quart casserole dish. Spread the rice on the bottom of the dish.

In a skillet, brown the ground beef and onions. Drain off any excess fat.

In a bowl, mix the chili powder, salt and pepper. Sprinkle 1/3 of the mixture over the rice. Dot with 1/2 teaspoon of butter. Layer the ground beef and onion mixture over the rice.

Place 1/3 of the chili powder mixture and the butter over the ground beef. Add a layer of tomatoes including the liquid. Sprinkle with the remaining 1/3 of the chili powder mixture.

Spread the corn on top. Dot with the remaining butter and a dash of salt.

Bake in a moderate oven (350 degrees) for about one hour. (Add liquid, if needed, during the baking.)

## **Ground Beef**

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*Per Serving (excluding unknown items): 2721 Calories; 156g Fat (49.6% calories from fat); 113g Protein; 244g Carbohydrate; 42g Dietary Fiber; 448mg Cholesterol; 3029mg Sodium. Exchanges: 5 Grain(Starch); 11 Lean Meat; 32 1/2 Vegetable; 23 Fat.*