

Layered Rice and Beef Bake

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 8 to 10 servings

*2 cups regular rice
2 pounds ground beef
1 medium onion, chopped
1 can (28 ounces) Italian
plum tomatoes, undrained
1 can (6 ounces) tomato
paste
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon dried oregano
leaves
1/4 teaspoon pepper
1 container (16 ounces)
ricotta cheese
1/4 cup fresh parsley,
minced
1/4 cup water
1 egg
2 cups shredded mozzarella
cheese*

Preheat the oven to 375 degrees.

Prepare the rice as directed on the label.

In a skillet over medium heat, cook the ground beef and onion until the beef is lightly browned. Add the undrained tomatoes, tomato paste, salt, sugar, oregano and pepper. Bring to a boil. Reduce the heat and simmer for 5 to 8 minutes, stirring occasionally.

In a bowl, combine the ricotta cheese, parsley, water and egg. Blend well.

Spoon one-third of the meat sauce into a 13x9-inch baking dish. Sprinkle with one-half of the cooked rice. Top with one-half of the ricotta cheese mixture. Add another one-third of the meat sauce and top with one-half of the mozzarella cheese. Continue to layer the remaining rice, ricotta cheese, meat sauce and mozzarella cheese. Cover with foil.

Bake for 30 minutes or until hot and bubbly.

Per Serving (excluding unknown items): 4224 Calories; 335g Fat (71.7% calories from fat); 24g Protein; 57g Carbohydrate; 9g Dietary Fiber; 1311mg Cholesterol; 5021mg Sodium. Exchanges: Grain(Starch); 33 1/2 Lean Meat; 1/2 Vegetable; 48 Fat; 1/2 Other Carbohydrates.