
Texas Hash

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 pound ground beef
1 large onion, chopped
1 large green pepper, chopped
1 can (16 ounce) tomatoes , cut up
1/2 cup uncooked regular rice
2 teaspoons chili powder
2 teaspoons salt
1/8 teaspoon pepper

In a large skillet, brown the beef, onion and green pepper. Drain the fat. Add the tomatoes, rice, chili powder, salt and pepper. Heat through. Pour the mixture into a two-quart casserole.

Cover and bake for one hour at 350 degrees.

(If in a hurry, you can place the casserole in a microwave and cook on HIGH for 25 minutes, turning every 10 minutes.)

Yield: 4 to 6 servings

Ground Beef

Per Serving (excluding unknown items): 1498 Calories; 122g Fat (73.6% calories from fat); 78g Protein; 20g Carbohydrate; 6g Dietary Fiber; 386mg Cholesterol; 4628mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 3 Vegetable; 18 1/2 Fat.