

Beefy Rice

Micki Harris - Marshall Field's Stratford Square

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

4 pounds ground chuck

1 small onion, chopped

1 medium green bell pepper, chopped

2 to 2-1/2 cups Minute rice

3 cans (15 ounce ea) tomato sauce with bits

salt (to taste)

pepper (to taste)

In a Dutch oven, brown the meat, onion and green pepper. Do not drain.

Add the rice and tomato sauce. Mix thoroughly.

Add salt and pepper to taste.

Simmer for 50 minutes.

(This recipe tastes even better when made the night before serving.)

Ground Beef

Per Serving (excluding unknown items): 4868 Calories; 376g Fat (71.3% calories from fat); 324g Protein; 17g Carbohydrate; Cholesterol; 1259mg Sodium. Exchanges: 47 Lean Meat; 3 Vegetable; 47 Fat.