

Chili-Rice Dinner

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

Servings: 4

*3/4 pound ground beef
1/3 cup onion, chopped
1 tablespoon chili powder
1/2 teaspoon dry mustard
1/2 cup water
1 cup green pepper, diced
1 can (15 ounces) tomato
sauce
salt (to taste)
pepper (to taste)
1 cup minute rice
1/2 cup (2 ounces)
shredded cheddar cheese*

In a skillet, brown the beef and onion. Pour off the excess fat.

Add the chili powder, mustard, water, green pepper, tomato sauce, salt and pepper.

Cover and bring to a boil, stirring occasionally.

Stir in the rice. Reduce the heat to a simmer. Cover and cook for 5 minutes.

Sprinkle with the cheddar cheese. Serve.

Per Serving (excluding unknown items): 361 Calories; 28g Fat (68.8% calories from fat); 19g Protein; 9g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 537mg Sodium. Exchanges: Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.