

Skillet Dinner

Diane barclay - Salem, OR

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Servings: 4

*1 pound ground beef
1 medium onion
1 1/2 cups water
1 can (10-3/4 ounce) golden
mushroom soup
1 teaspoon salt
1 can (7 ounce) whole
kernel corn, undrained
1 teaspoon chili powder
1 1/2 cups instant rice
1 medium tomato, chopped
1 medium green pepper,
chopped*

Preparation Time: 22 minutes

Cook Time: 20 minutes

In a skillet, brown the ground beef leaving the meat in chunks. Add the onion and cook over medium heat until tender.

Add the water, soup, corn and chili powder. Bring to a boil.

Stir in the rice. Add the tomato and green pepper. Cover.

Simmer for 7 to 10 minutes until the rice is done.

Best served with salad and rolls.

Per Serving (excluding unknown items): 514 Calories; 31g Fat (54.1% calories from fat); 23g Protein; 36g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 625mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.