

# Stove-Top Quickie Chinese

*Pat Bond - Spokane, WA*

*Treasure Classics - National LP Gas Association - 1985*

**Servings: 6**

*1 pound ground beef  
1 cup chopped onion  
2 cans (10-3/4 ounce ea)  
cream of mushroom soup  
1 soup can hot water  
1 cup uncooked rice  
1/4 cup soy sauce  
1/4 teaspoon pepper  
1 cup celery, sliced  
1 package (10 ounce)  
frozen peas  
1 can (3 ounce) chow mein  
noodles*

**Preparation Time: 15 minutes****Cook Time: 35 minutes**

In a skillet, brown the meat until crumbly.

Add the onion, soup and water. Stir in the rice, soy sauce and pepper.

Cover and simmer on VERY LOW heat until the rice is soft, about 20 minutes. Stir often.

Uncover. Add the celery and frozen peas. Heat for 10 minutes.

Serve topped with chow mein noodles.

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Per Serving (excluding unknown items): 346 Calories; 26g Fat (66.6% calories from fat); 16g Protein; 13g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 1147mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 4 Fat.