

# Ham Roll-Ups

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1/4 cup minced green  
pepper  
1/4 cup onion, minced  
2 tablespoons butter  
1 cup minute rice  
consomme' soup  
6 slices cooked ham  
mustard*

Preheat the oven to 400 degrees.

In a skillet in two tablespoons of butter, saute' the green pepper and onion for 5 minutes.

In a saucepan, cook the minute rice in consomme'. Add to the onion mixture.

On a work surface, spread the cooked ham. Spread each slice with mustard. Spoon rice onto each slice. Roll up. Place, seam side down, in a casserole dish.

Bake for 15 minutes.

Serve with a tossed salad.

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Per Serving (excluding unknown items): 1693 Calories; 109g Fat (58.8% calories from fat); 143g Protein; 29g Carbohydrate; 1g Dietary Fiber; 524mg Cholesterol; 10903mg Sodium. Exchanges: 21 Lean Meat; 1/2 Vegetable; 9 1/2 Fat.