



Quick Beef Casserole

Preparation Time:
10 minutes

Cook Time:
45 minutes

Yields:
8 servings

Serving Size:
1½ cup casserole

Amount Per Serving:
Calories* 201
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 16mg
Sodium: 164mg
Total Fiber: 3g
Carbohydrate: 31g
Protein: 9g
Potassium: 449mg

* Percent Daily Values
are based on a
2,000 calorie diet.

- ½ lb lean ground beef
- 1 cup onion, chopped
- 1 cup celery, rinsed and chopped
- 1 cup green bell pepper, rinsed, seeded and cubed
- 3½ cups tomatoes, rinsed and diced
- ¼ tsp salt
- ½ tsp ground black pepper
- ¼ tsp paprika
- 1 cup frozen peas
- 2 small carrots, rinsed, peeled and diced
- 1 cup uncooked rice
- 1½ cup water

In a sauté pan, brown the ground beef. Drain off the extra fat by tilting the sauté pan over a disposable cup in the sink to collect the fat. Use the lid to shield the meat from falling out. After the fat has turned solid, discard the cup in the trash. Add the rest of the ingredients to the sauté pan, and mix well. Cover sauté pan with lid, and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Tip: To save time, use no-salt-added canned tomatoes and frozen chopped peppers and carrots.