

RICE AND BEEF CASSEROLE

By Dorothy Zehnder

1 cup rice

¼ cup vegetable oil

¾ lb. ground beef

½ cup chopped onion

1 clove garlic, finally chopped (optional)

1 ½ tsp. salt

¼ tsp. pepper

3 cups tomato juice

2 cups water

1 tsp. sugar

1 cup grated cheese

Brown rice lightly in hot oil. Add meat, onion, garlic, salt, and pepper. Cook, stirring frequently, 10 minutes or until browned.

Add juice, water and sugar. Simmer 15 to 20 minutes or until rice is tender, stirring occasionally. Add more water, if needed.

Add grated cheese and put into a greased casserole. Bake in a moderate oven (350 degrees Fahrenheit) until cheese is melted to your desired consistency.

Yield: Six servings

****Note from Dorothy – This is a nice home-style meal for these winter days. So easy to make. Can be done ahead of time too and put in the oven when needed. If doing that, allow at least 30 minutes in the oven to heat everything and melt the cheese. May need to add a little extra liquid if using a dish that was prepared ahead of time.*