

Quick Beef Casserole Recipe

½ pound	lean ground beef
1 cup	onion, chopped
1 cup	celery, chopped
1 cup	green pepper, cubed
3½ cups	tomatoes, diced
¼ teaspoon	salt
½ teaspoon	black pepper
¼ teaspoon	paprika
1 cup	frozen peas
2	small carrots, diced
1 cup	rice, uncooked
1½ cups	water

1. In a skillet, brown the ground beef, and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat, and cover skillet until boiling. Reduce to low heat, and simmer for 35 minutes.
3. Serve hot.

Quick Tips

- Drain the meat after cooking to lower the amount of fat and calories.
- This one-dish meal can be made and frozen over the weekend. Reheat when you don't have time to cook.

Yield: 8 servings

Serving size: 10 cups

Each serving provides:

Calories: 201

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 16 mg

Sodium: 164 mg

Total fiber: 3 g

Protein: 9 g

Carbohydrates: 31 g

Potassium: 449 mg

