Ground Beef and Rice Casserole

Mrs. Stanley Opach
Community Living Committee - All Saint's Church Hammond, IN 1987

1 pound ground beef
2 small onions
1 can (10-3/4 ounces) cream of mushroom soup (undiluted)
1 can (10-3/4 ounces) chicken noodle soup (undiluted)
1 can (10-3/4 ounces) water
1/2 cup uncooked regular rice

Preheat the oven to 350 degrees.

In a skillet, combine the meat and onions. Cook until the meat is browned and the onion is tender. Drain off the excess grease.

Combine the beef mixture with the remaining ingredients.

Pour into a greased two-quart casserole.

Bake for one and 1/2 hours.

Per Serving (excluding unknown items): 1491 Calories; 121g Fat (73.7% calories from fat); 78g Protein; 19g Carbohydrate; 4g Dietary Fiber; 386mg Cholesterol; 322mg Sodium. Exchanges: 11 Lean Meat; 3 1/2 Vegetable; 18 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1491	**Vitamin B6 (mg):**	1.3mg
% Calories from Fat:	73.7%	**Vitamin B12 (mcg):**	12.0mcg
% Calories from Carbohydrates:	5.1%	**Thiamin B1 (mg):**	.2mg
% Calories from Protein:	21.1%	**Riboflavin B2 (mg):**	.7mg
Total Fat (g):	121g	**Folacin (mcg):**	74mcg
Saturated Fat (g):	49g	**Niacin (mg):**	21mg
Monounsaturated Fat (g):	53g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	5g	**Alcohol (kcal):**	0
Cholesterol (mg):	386mg	**% Refuse:**	0.0%
Carbohydrate (g):	19g		
Dietary Fiber (g):	4g		

Food Exchanges

Grain (Starch):   0

Protein (g):	78g	**Lean Meat:**	11
Sodium (mg):	322mg	**Vegetable:**	3 1/2
Potassium (mg):	1381mg	**Fruit:**	0
Calcium (mg):	85mg	**Non-Fat Milk:**	0
Iron (mg):	8mg	**Fat:**	18
Zinc (mg):	17mg	**Other Carbohydrates:**	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving

Calories   1491   Calories from Fat: 1099

	% Daily Values*
Total Fat 121g	186%
Saturated Fat 49g	245%
Cholesterol 386mg	129%
Sodium 322mg	13%
Total Carbohydrates 19g	6%
Dietary Fiber 4g	16%
Protein 78g	

Vitamin A	0%
Vitamin C	23%
Calcium	9%
Iron	46%

* Percent Daily Values are based on a 2000 calorie diet.