
Rice and Chilies

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

3/4 cup quick cooking rice

salt (to taste)

1 can (6 ounce) chopped green chilies

2 cups sour cream

1/2 pound Monterey Jack cheese, grated

butter

Cook the rice according to package directions.

In a bowl, combine the rice with the sour cream and salt. Arrange half of the mixture in a lightly greased casserole. Place the green chilies and half of the grated cheese on the top.

Add the rest of the rice mixture. Cover with dots of butter and the remaining cheese.

Bake, uncovered, at 350 degrees for 30 minutes.

Yield: 4 to 5 servings

Side Dishes

Per Serving (excluding unknown items): 1833 Calories; 165g Fat (80.3% calories from fat); 70g Protein; 21g Carbohydrate; 0g Dietary Fiber; 406mg Cholesterol; 1463mg Sodium. Exchanges: 7 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 28 1/2 Fat.