Special Beef and Rice Casserole

Lousene Rousseau Brunner Casserole Treasury (1964)

Servings: 6

3 pounds boneless chuck, cut in 1-1/2-inch cubes 12 slices bacon, cut in 1/2-inch strips 2 large onions, sliced

1 cup raw rice

1 cup dry red wine

2 cups consomme'

1 clove garlic, mashed

1/2 teaspoon dred thyme

1 teaspoon parsley, chopped 1 small bay leaf

1/2 teaspoon saffron (optional), crumbled

1 1/2 cups fresh or canned tomatoes, chopped

1 cup Parmesan cheese, grated salt (to taste)

pepper (to taste)

Preheat the oven to 325 degrees.

In a large heavy skillet, cook the bacon. When it is crisp, skim it out and spread it on the bottom of a large casserole.

In the accumulated fat, brown the beef cubes well. Transfer them to the casserole.

Brown the onions lightly in the remaining fat in the skillet. Stir in the dry rice. Stir constantly until the rice is starting to brown. Set aside for the monment.

Add to the casserole, the wine, consomme', garlic, thyme, parsley, bay leaf and saffron. Cover.

Bake for one hour.

Skim off any fat accumulated. Stir the rice mixture and tomatoes into the casserole. Cover again. Bake an additional one hour. Check a couple of times to be sure that there is enough liquid for the rice to absorb (add additional consomme', if needed).

Just before serving, review the seasoning and stir in the cheese. Heat long enough to melt the cheese. Per Serving (excluding unknown items): 177 Calories; 10g Fat (61.6% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 477mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Beef

Dar Carring Mutritional Analysis

% Calories from Fat: 61.6% Vitamin B12 (mcg): 7. % Calories from Carbohydrates: 12.1% % Calories from Protein: 26.3% Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): 12.1% Thiamin B1 (mcg): Riboflavin B2 (mg): Riboflavin B2 (mg): Caffein (mcg): Niacin (mcg): Caffeine (mg): Alcohol (kcal): Polyunsaturated Fat (g): Food Exchanges Grain (Starch):				
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	·	105IŪ		
Vitamin A (r.e.): 29 1/2RE		29 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving				
Calories 177	Calories from Fat: 109			
	% Daily Values			
Total Fat 10g Saturated Fat 5g Cholesterol 21mg Sodium 477mg Total Carbohydrates 5g Dietary Fiber 1g Protein 10g	16% 24% 7% 20% 2% 3%			
Vitamin A Vitamin C Calcium Iron	2% 12% 20% 3%			

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