

Wild Rice Hot Dish

Bud Ringer - Cambridge, MN

Treasure Classics - National LP Gas Association - 1985

Yield: 6 to 8 servings

*1 cup wild rice
1 pound lean ground round
1 can (10-3/4 ounce) cream
of mushroom soup
1 can (10-3/4 ounce) cream
of celery soup
1 can (5 ounce) mushrooms
1 can (8 ounce) water
chestnuts
salt
pepper*

Preparation Time: 15 minutes**Bake Time: 45 minutes**

Wash the rice, then boil until tender. Wash again and let drain.

In a skillet, brown the ground beef. Drain off all excess grease.

In a bowl, combine the rice, beef, mushroom soup, celery soup, mushrooms, water chestnuts, salt and pepper. Turn into a 13x9-inch casserole dish and mix thoroughly.

Bake in the oven at 375 degrees for 45 minutes.

Serve hot.

Per Serving (excluding unknown items): 795 Calories; 16g Fat (18.1% calories from fat); 28g Protein; 139g Carbohydrate; 11g Dietary Fiber; 17mg Cholesterol; 1993mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Vegetable; 3 1/2 Fat.