
Baked Chop Suey

Dolores Selleck

Nettles Island Cooking in Paradise - 2014

1 1/2 to 2 pounds ground beef

1 onion, chopped

1 cup celery, chopped

1 can mushroom soup

1 can cream of chicken soup

1 cup water

1/2 cup rice

3 tablespoons soy sauce

1 can chinese noodles

bean sprouts

water chestnuts

In a skillet, fry the beef. Drain. Add the onion and celery.

Add the mushroom soup, chicken soup, soy sauce and water. Mix well.

Add the rice, salt and pepper.

Bake for 1/2 hour at 350 degrees.

Ground Beef

Per Serving (excluding unknown items): 2220 Calories; 108g Fat (44.2% calories from fat); 74g Protein; 231g Carbohydrate; 7g Dietary Fiber; 301mg Cholesterol; 5318mg Sodium. Exchanges: 14 Grain(Starch); 8 Lean Meat; 3 1/2 Vegetable; 17 Fat.