

Hamburger Rice Bake

SHARED BY ALICE SCOTT

Prep Time - 35 minutes

BakeTime - 40minutes

Total Time - 1 hour 15 minutes

Servings - 6

ingredients

- 2 cups Rice, brown
- 1 lb Ground Beef, Lean
- 1 onion, sliced
- 1 rib Celery, chopped
- 1 clove Garlic, diced
- Salt & Pepper to taste
- 1 - 19oz can Kidney Beans, drained and rinsed
- 1½ cup Salsa
- ½ cup Ketchup
- ½ cup Water, reserved
- 1 cup Cheese, shredded

directions

- Cook 2 cups brown rice in 4 cups water until tender (about 35 min.) Reserve water if there is any to pour off.*
- Brown 1 lb. lean ground beef. Then add the onion, celery, garlic, salt and pepper to taste.
- Mix in kidney beans, salsa, ketchup, water (reserved rice water if possible) and the rice.**
- Spread evenly into a greased casserole dish. Cover with grated cheddar cheese.***
- Bake at 350 degrees 'til bubbly (about 40 min.)

*Alternatively - add ½ tsp. butter and salt to the rice & water.

**Alternatively - vary the amount of salsa and ketchup; perhaps add chili seasoning.

***Recommendation - use a 9"x13" pan which then requires more cheese to cover but makes for a cheesier flavour.