

SPANISH RICE WITH BEEF

3 tbsp. shortening
1 c. quick cooking rice
16 oz. can tomatoes,
undrained
1 clove garlic

1 onion
1 green bell pepper
1 lg. hamburger
1 tsp. salt
1/4 tsp. pepper

Melt shortening in large skillet on medium-high. Add rice and cook; stir constantly until browned. Stick toothpick in garlic clove and add to rice. Slice onion crossways in rings. Slice bell pepper in slivers lengthwise. Add onion rings and peppers and ground beef to rice. Cook until meat is browned. Remove garlic clove and discard. Add salt, pepper and tomatoes. Cover and simmer 10 to 15 minutes until liquid is absorbed.

Ken and Charlie Butts

EASY BEEF OVEN STEW

Layer baking dish:

Stew meat
Carrots
Potatoes

Celery
Onion

Season with:

Tony Chachere

Add:

1 lg. can of tomato
sauce
1 can water mixed
together with
cornstarch

Cover and bake at 325° for 2 1/2 hours.

Linda Ragan