

# SPANISH RICE CASSEROLE

( A Good Shepherd Mission Recipe )

## Ingredients:

|   |                         |
|---|-------------------------|
| 3lb (@ 1.5 Kg.) ground beef                           | 2 medium onions chopped |
| 2 x 680 ml. cans tomato sauce                         | 1½ tsp salt             |
| 1½ tsp pepper   | tsp oregano             |
| small (350 g.) box <b><u>Minute Rice</u></b> – cooked |                         |

## Directions:

In a large pot, (i.e. a Dutch oven) brown meat, drain and reserve.

In the same pot, brown onions. Then combine meat & onions and mix well.

Add remaining ingredients and simmer 15 minutes.

Turn into casserole pan.

Cool, cover and freeze.

*Suggestion: You may wish to “spice up” this recipe by the addition of some Worcestershire sauce, or BBQ Sauce or herbs/spices.*

Knights of Columbus Good Shepherd Council #8340 is pleased to act as the Facilitating organization for **your** Good Shepherd Parish ***Casseroles for Good Shepherd Mission*** Program.

[SR Casserole 2021]