

Rice Stew

Notes

I find cooking ground beef to be a bit of a pain in the butt. So, when I put it in the pan, I divide it into four equal portions, as if I were making hamburgers, and turn it several times until it is almost cooked. Then, I mash it using the same masher I use to mash potatoes. It gets the ground beef very evenly chopped and there are no large chunks. And it doesn't damage the pan, as long as you use a masher that has no sharp edges.

Ingredients

1 pound hamburger

2 cups instant rice

2 cups water

2 cans mushroom soup

1 small can yellow beans

1 small can green beans

Or whatever canned, frozen or leftover vegetables you have on hand

1 cup milk or cream (optional – makes a thicker sauce)

Process

In a medium pot, bring the water to a boil. Add the rice, stir and cover it and set it aside.

In a large fry pan that has a lid, brown the hamburger over medium high heat. Add the mushroom soup. Add the vegetables. If you are using milk or cream, drain the vegetables and keep the water from the cans to use in a soup stock and add the milk or cream. If you are not using milk or cream, add the water from the canned vegetables as well. Stir well and lower the heat to medium. Cover and heat until the liquid begins to boil.

When the hamburger/mushroom soup mixture is ready, add the rice and stir well.

Makes 4 – 6 servings