

Texas Beef Casserole



ingredients

- 1 pound extra lean ground beef
- 3 large onions, chopped
- Avocado or olive oil for sautéing
- 1 large green pepper, chopped
- ½ cup water
- 1 can stewed tomatoes
- 1 cup uncooked rice
- 1 cup uncooked rice
- 2 teaspoons chili powder
- 1 teaspoon saltDash of pepper

directions

1. Preheat oven to 350 degrees.
2. Heat 1 tablespoon oil in frying pan and sauté the onions until caramelized. Add green pepper and cook until pepper is cooked but still has a crisp consistency. Remove from pan and place in an ungreased 2 quart casserole dish.
3. Add ground beef to frying pan and cook until the beef is crispy and the pan drippings are nicely browned.
4. Place the cooked ground beef in the casserole dish.
5. Add ½ cup water to the frying pan and stir until the residue in the pan is incorporated with the water. Pour into the casserole dish.
6. Add the sautéed onions, chopped green pepper, stewed tomatoes, rice, chili powder, Johnny's seasoning and regular salt to the casserole dish. Stir to incorporate the spices evenly in the dish.
7. Cover and bake for one hour.
8. Remove cover and fluff up the rice by turning the top rice into the casserole.
9. Enjoy!