

Ground Beef and Rice Casserole

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Serves/Makes: 4 | **Ready In:** 1-2 hrs

Ingredients:

- 1 pound lean ground beef
- 1 package dry onion soup mix
- 1 can cream of mushroom soup, undiluted
- 1 cup water
- 1 cup uncooked instant rice
- 1 onion, chopped
- 1/2 cup shredded cheddar cheese, optional



Directions:

1. Preheat oven to 350 degrees F.
2. Brown the ground beef and onion in a skillet; drain off any excess grease. Combine the beef and onions with the onion soup mix, cream of mushroom soup, water, and rice until mixed.
3. Pour into a casserole dish and bake, covered, at 350 degrees F for 1 hour or until rice is cooked.
4. Uncover and sprinkle with cheese. Put back in oven until cheese is melted.

Recipe Location: <http://www.cdkitchen.com/jumpto/60190/>

Recipe ID: 60190

Nutrition:

per serving: 548 calories, 27g fat, 47g carbohydrates, 26g protein.