

Beefy Spanish Rice

UTENSILS:

4 quart Dutch Oven

INGREDIENTS:

- 1 TBSP Olive Oil
- 1 Cup White Rice
- ½ Cup Onion, chopped
- ½ Cup Green Bell Pepper, chopped
- 1 lb Ground Beef
- 1 Cup Frozen Corn
- 1, 6 oz Can Tomato Sauce
- ½ Cup Ketchup
- 1 Cup Beef Broth
- Salt & Pepper to taste
- Garlic Powder to taste

DIRECTIONS:

TO START: Preheat the saucepan over medium heat with the oil. Add the rice, onion and bell pepper and saute for 5 minutes, or until onions are tender. Add the ground beef and saute until browned. Drain off the excess oil.

TO FINISH: Add the corn, tomato sauce, ketchup and broth. Cover, whistle open. When the whistle sounds, close the whistle and turn heat off. Allow to stand 10-12 minutes.

NOTES:

