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Beef Casserole

- 1/2 Lb lean ground beef
- 1 Cup onion, chopped
- 1 Cup celery, rinsed and chopped
- 1 Cup green bell pepper, rinsed, seeded, and cubed
- 3 1/2 Cups tomatoes, rinsed and diced
- 1/4 Tsp salt
- 1/2 Tsp ground black pepper
- 1/4 Tsp paprika
- 1 Cup frozen peas
- 2 Small carrots, rinsed, peeled, and diced
- 1 Cup uncooked rice
- 1 1/2 Cups water

- 1) In a sauté pan, brown the ground beef.
- 2) Drain off the extra fat by tilting the sauté pan over a disposable cup in the sink to collect the fat. Use the lid to shield the meat from falling out. After the fat has turned solid, discard the cup in the trash.
- 3) Add the rest of the ingredients to the sauté pan, and mix well.
- 4) Cover sauté pan with lid, and cook over medium heat until boiling.
- 5) Reduce to low heat and simmer for 35 minutes. Serve hot.

Makes 8 Servings