



Wild Rice and Beef Casserole

Prep Cook Time: 1 hour

SERVES 4

Ingredients:

- 1 lb lean (at least 80%) ground beef
- 1 package (6.2 oz) fast-cooking long-grain and wild rice mix
- 1 can (10.75 oz) condensed tomato soup
- 1/4 cup Barber's Dairy milk
- 1/4 teaspoon pepper
- 1 cup shredded Cheddar cheese (4 oz)

Steps

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray.
2. In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
3. Meanwhile, make rice mix as directed on package—except omit butter. Stir rice mixture, soup, milk and pepper into beef. Spoon into casserole.
4. Cover and bake 30 minutes. Sprinkle with cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is hot.