

Main Dishes

Beef

Hamburger Casserole

Once you try the idea of rinsing your ground beef, you will do it for all of your recipes. The casserole is very tasty and only needs a vegetable to make a complete meal.

1/2 lb. ground beef

6 medium potatoes,
peeled and thinly sliced

1 large sweet onion,
peeled and thinly sliced

1 can (10-3/4 oz)
Cream of Mushroom Soup

3/4 can (1 cup) of water



Brown ground beef.
Pour off fat and put beef in strainer.
Rinse ground beef with hot water.
Spray non-stick oil on 4-quart casserole.
Layer beef, potatoes, and onions in casserole.
Mix soup and water and add to casserole.
Bake covered at 350 degrees for 1 hour.
Remove lid and bake 1/2 hour more.
Casserole is done when potatoes are tender.

Yield: 4 servings.

NOTE: I hope you try this casserole. When the lady I met at work told me about washing hamburger, I thought she was nuts. So I tried it and was surprised how tasty the meat became. Washing all the fat from the cooked hamburger enhances the flavor of the meat. Have you ever fried hamburger and tasted it the next day? The beef just doesn't have the same taste but if you wash off the fat, you are in for a pleasant surprise.

Note: Cream of Mushroom Soup now comes reduced in fat.