

### Quick Spanish Beef-Rice

1/4 Cup wesson oil

1 medium onion, thinly sliced

1/2 medium green pepper, chopped

1/2 lb. ground beef

1 Cup regular rice, uncooked, see below

2- 8oz. cans Hunt's tomato sauce

1 3/4 cup hot water

1 teasp. salt, dash of pepper

1 teasp. prepared mustard

Heat wesson oil in skillet, add onion, pepper, beef and rice. Stir over high heat until lightly browned, add sauce and remaining ingred. and mix well. Bring quickly to a boil. Cover tightly and simmer 25 min.

For pkg. pre-cooked rice use only 1 1/2 C. water for 1 1/2 cup rice and simmer, uncovered, only 5 min.

John Banghart