

## Beef and Vegetable Casserole

Serves: 8

### Ingredients

½ lb. lean ground beef	¼ tsp. Paprika
1 cup onion, chopped	1 cup frozen/fresh peas
1 cup celery, chopped	2 small carrots, diced
1 cup green pepper, cubed	1 cup uncooked rice
3 ½ cups tomatoes, diced	1 ½ cups water
¼ tsp. salt	

In a skillet, brown the ground beef and drain off the fat.

Add the rest of the ingredients. Mix well.

Cook over medium heat and cover skillet until boiling.

Reduce to low heat and simmer for 35 minutes. Serve hot.

Per serving: 184 calories, 3 g total fat (1 g saturated fat), 15 mg cholesterol, 125 mg sodium, 33 mg calcium, 2 mg iron