

Wild Rice Hotdish

5 serving

What you need:

- 1 (6 oz.) box long grain & wild rice mix (such as Uncle Ben's)
- 1 pound 90% lean ground beef
- 2 Tbsp. chopped onion
- ½ cup skim or 1% milk
- 1 (10 ¾ oz.) can cream of mushroom soup
- 2 cups frozen green beans, thawed* and drained

All you do:

1. Cook rice mix according to package directions.
2. Meanwhile, in a non-stick frying pan over medium heat, brown ground beef and onion; drain off excess grease.
3. Combine cooked rice, beef, milk, soup and green beans in a casserole dish. Cover and microwave on high for 5 – 6 minutes or until hot.

Nutrition facts per serving:

370 kcals, 14g total fat, 5g saturated fat, 34g carbohydrates, 2g dietary fiber, 27g protein, 950mg sodium.