

Beef Casserole (Serves 4) - page 1 of 2

Ingredients:

- 1/2 cup dried mushrooms
- 1 1/2 cups cooked rice
- 1 cup water
- 1 cup beef flavored TVP
- 1 tablespoon dried onion
- 1 teaspoon beef bouillon
- 3/4 cup soup base
- 2 cups water

Reconstitute the dried mushrooms by soaking them in 1 cup of water for one hour. Drain and chop the mushrooms and set them aside. In a medium sized skillet, combine 1 cup water, beef flavored TVP and onions. Cook them over medium heat for 10 minutes until tender. In a casserole dish, layer half the rice followed by half the TVP burger mixture. Keep layering it until it is all gone. Then make the following sauce and pour it over the rice and TVP.

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