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## Alsatian Stew

1/4 lb bacon

1/2 lb ham

2 lb mixture of pork tenderloin, pork chops, and sausage, in any combination.

1 large onion

4 tart apples

1 large can or jar of sourkraut

1/2 t cinnamon

1/4 t thyme

1 bay leaf

1 c white wine

Salt and pepper

Cut the bacon and ham into small pieces and brown them well in a large frying pan. Remove the meat to a large pot, keeping the fat.

Cut the tenderloin into large pieces (about 2 in cubes) and fry the 2 lbs of pork in the fat until well browned. Put the fried meat with the bacon and ham. Pour off the excess fat, leaving about 2 tablespoons. Slice the onion and fry it in the fat.

Skin and core the apples and cut them into large slices. Rinse the sourkraut and drain it well. Put everything together into the large pot and bring it to a boil. Add pepper and salt to taste. Cook it, covered, over a slow flame for about two hours or until the pork is tender.

## **Jamaican Pot Roast**

2 - 3 lb eye round or other roast

1/4 c of olive oil

3/4 c of chopped onion

1 clove of garlic, thinly sliced

large can of tomatoes with juice

3/4 t of ginger

1/2 t of dried thyme

3/4 t of salt

1/4 t of black pepper

Use a covered baking pan, slightly larger than the roast. Heat the oil in the pan on the stove until it is quite hot. Dust the meat with flour and brown it in the oil. Put the meat aside and pour out all but two tablespoons of the oil. Fry the onions and garlic until soft, add everything else, bring the pan to a boil, cover it, and put in a 325° oven for 2 1/2 to 3 hours. Remove the meat and thicken the sauce if necessary.

## Beef Curry

1 1/2 lbs of beef, cut into large pieces for browning  
3 T of oil  
1 large onion, sliced  
3 cloves of garlic, minced  
1 T of ginger, minced  
1 T of coriander  
1 1/2 t of cumin seeds or ground cumin  
1 T of tumeric  
1 t of salt  
1/4 t of cayenne pepper  
1 small can of diced tomatoes (2 c)  
1 small can of chicken broth (2 c)  
1 T of cornstarch

Brown the beef in the oil, then remove the beef to a plate and brown the onions. When they are browned, add the garlic and ginger and continue frying for about one minute. Add the spices, the tomatoes, the broth, and the beef. Bring to a boil, cover, and let it cook over a low heat or in a 325° oven for about 90 minutes. Take out some of the juice into a small bowl, add a few tablespoons of water to cool it, and mix in the cornstarch. Put the cornstarch mixture into the stew and heat it until it thickens a bit.

## Meatloaf

### Possible ingredients—

Ground beef

Ground pork

Ground ham

Sausage meat

Grated cheese

Bread crumbs

Eggs

Onion

Parsley

Celery

Bell pepper

Salt and pepper

Ketchup

Worsershire sauce

Red wine

Fresh margarom

Bake at 375° for 45 minutes.

## Beef Stew With Wine

about 8 dried (Chinese type) mushrooms, (soaked for at least 24 hours)

4 (thick) slices of bacon, cut crossways into 1/2 inch strips

2 T of oil

2 1/2 lbs of beef tri tips, cut into large pieces

2 onions, sliced

1/2 lb of white or brown mushrooms, thickly sliced

1 small can of beef stock

1 1/2 c of red wine

1 bay leaf

1 t of dried thyme

1 t of dried marjoram

1 t of salt

1/2 t of pepper

3 thick carrots, cut into about 1 inch pieces

2 lbs of white or gold potatoes, cut into large pieces

1/2 lb of fresh string beans, cut into 2 inch lengths

3 T of melted butter, mixed with 3 T of flour (roux)

## Lamb Curry

3 lbs of lamb, cut into large pieces for browning

4 T of oil

4 c of sliced onions

5 cloves of garlic, minced

3 T of ginger, minced

1 T of ground cumin

2 T of ground coriander

1 T of tumeric

1 T of salt

1/4 t of cayenne pepper

1 small can of diced tomatoes, ground in the food processor

1 small can of chicken broth (2 c)

1 T of cornstarch

Brown the meat in the oil, then remove it to a plate and brown the onions. When they are well-browned, add the garlic and ginger and continue frying for about one minute. Add the spices, the tomatoes, the broth, and the lamb. Bring to a boil, cover, and let it cook over a low heat or in a 325° oven for about 90 minutes. Take out some of the juice into a small bowl, add a few tablespoons of water to cool it, and mix in the cornstarch. Put the cornstarch mixture into the stew and heat it until it thickens a bit.

## Baked Beans and Meat

2 lbs large white beans, soaked overnight

1/4 lb bacon

2 green peppers, chopped

3 onions, chopped

3 cloves garlic

2 T flour

2 lbs meat (beef and/or pork)

2 1/2 T paprika

1 quart boiling water

1 c red wine

4 bay leaves

Cut the bacon into small pieces and brown it in a large pan with a top that can be used for baking. Add the green peppers, onions, and garlic and fry them until they are soft. Add the flour to the pan and mix it in. Drain the beans. Cut the meat into 1 inch cubes. Put everything in the pan and bring it to a boil. Cover the pan.

Bake at 325° for 2 to 3 hours.



## Beans and Bacon

1/4 lb bacon, cut into strips  
1 onion, coarsely chopped  
1 can white beans, drained  
1 can kidney beans, drained  
2 T brown sugar  
2 T ketchup

Fry bacon until done but not crisp, add onions and continue frying until they are transparent. Drain out all excess grease.

Put everything in a covered casserole dish.

Bake at 350° for 20 minutes covered and 20 minutes uncovered.

## Bhoona Raan (Spicy grilled leg of lamb)

1/2 c yogurt  
1 T ground coriander  
1 t ground cardamon  
1 t tumeric  
1 T salt  
1/4 t ground cloves  
1/2 t black pepper  
1 t cinnamon  
2 T minced fresh ginger  
6 cloves garlic, minced  
1/4 t orange or red food coloring  
1/4 c lemon juice

boned leg of lamb

5 T melted butter  
1 t chopped mint leaves  
1/4 c lemon juice

Combine all the first group in a large bowl to make the marinade. Spread out the boned meat and make deep cuts all over it. Rub it with the marinade and leave it in the bowl, covered, in the refrigerator to marinate for 5 or 6 hours.

Mix the last group of ingredients for basting the meat.

Grill the meat for about 30 minutes on each side, basting frequently with the basting mixture.

## Lamb Provencal

boneless leg of lamb  
about 8 cloves of garlic

3 mild Italian sausages  
1 c of bread crumbs  
1 egg

1 eggplant, peeled and cubed  
3 zucchini or small squash, cut into 3/4 inch slices  
1 large onion, sliced  
8 roma tomatoes, cut in half  
2 bell peppers, cut up  
salt and pepper  
1 stick of butter, melted with 3 T of olive oil

Spread out the lamb and carefully remove sinews and membranes. Remove the sausage meat from the sausages and slightly fry it. Combine the sausage, bread crumbs, and egg, stuff the mixture into the lamb, and reroll the lamb and tie it. Insert the garlic cloves into the lamb, using a sharp knife.

Spread out the vegetables in a two-inch deep baking pan, sprinkle them with salt and papper, and place the lamb above them on a wire rack. Insert a meat thermometer and bake at 350° until the thermometer registers 150° .

## Cassoulet (large)

1 lb ground pork	4 cloves garlic, crushed
1 t chopped sage	1/2 t fennel seeds, crushed
1 t salt	1/4 t black pepper

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3 T olive oil	1/4 lb thick-sliced bacon, cut into matchsticks
1 chicken cut into pieces	2 lbs lean lamb and/or pork, cut into large cubes
2 onions, chopped	4 cloves garlic, crushed

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4 c cannellini beans, soaked overnight	1 carrot, in 1 inch pieces
1 onion, stuck with 6 cloves	14 oz can diced tomatoes, without juices
spice packet with parsley, sage, oregano, and 2 bay leaves	large can (6 c) chicken stock
2 c water	1 t salt
	1/4 t black pepper

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1/2 c breadcrumbs

Mix all the ingredients in the first group and form into small sausage patties. Fry the bacon in the oil until lightly browned, then transfer it with a slotted spoon to a large pot in which the beans will be cooked. Fry the sausage patties in the oil until well browned on both sides, then remove them to a large dish to save until later. Brown the chicken in the oil and add it to the sausage patties. Brown the lamb and/or pork and add it to the sausage and chicken. Brown the onions and garlic and then put them to the side until later. Add all the ingredients in the third group to the large pot, bring to a boil, cover and just simmer for two hours. Take out the onion and spices, and throw them away.

Put the beans, meat, sausage, chicken and fried onion and garlic into a large deep pan for baking, bring to a boil and cover with the bread crumbs. Bake, uncovered in a 350° oven for 40 minutes.

Cassoulet (small)

2 c great northern beans

olive oil

4 pieces of chicken, skinned

2 slices of bacon, cut into strips

1 or 2 pork chops

4 sausages

2 onions

12 cloves of garlic

1 small can of tomatoes

1 small can of stock

1 small can of water

1 bay leaf

1 t marjoram

1 t salt

pepper

1/2 c breadcrumbs *iii*

Soak beans overnight, change water, then soak all day over oven pilot. Brown chicken, pork chop, and sausages and cut pork chop and sausages into large pieces. Brown bacon, onion, and garlic. Add everything and bake, covered, in 350° oven for 2 hours. Cover with bread crumbs and bake, uncovered, in 400° oven for 30 min.

## Chili

2 - 2 1/2 lbs beans (pinto, red, or kidney), soaked overnight  
3 T olive oil  
2 lbs ground meat (beef, pork, or sausage)  
4 onions, chopped  
2 green peppers, chopped  
4 cloves garlic, chopped  
6 T chili powder  
1 large can tomatoes  
1 small can of tomato paste  
4 c water  
2 t cumin seed  
2 bay leaves  
2 t salt  
1/4 t cayenne pepper (optional)

Fry the meat in a very large pot in the oil until brown. Add the onions, peppers, and garlic and continue frying until they are soft. Add everything else and bring to a boil. Simmer, covered, for three hours or longer.

## Goulash

1 1/2 lb of onions, sliced

3 cloves of garlic, chopped

4 T of oil

1 1/2 - 2 lb of beef stew meat

2 T of paprika

1 t of salt

2 c of chicken stock

1 T of beef bouillon

1 can of diced tomatoes, strained and blended

2 T of tomato paste

2 bay leaves

1 t of marjoram

1 t of thyme

1 T of caraway seeds

2 large carrots, cut into large chunks

2 T of cornstarch

Lightly brown the onions in the oil, adding the garlic near the end. Put the onions, garlic, and all the second group of ingredients into a pot that can be covered and baked. Bring to a boil and bake at 325° for about three hours. Near the end, steam the carrots and add them. Good served with mashed potatoes.

## Mexican Leg of Lamb

leg of lamb, boned

1 c red wine

1/2 c orange juice

1/4 c chili sauce

1/4 c water

1 T chili powder

2 T olive oil

1 onion, chopped

2 cloves garlic, minced

1 T fresh oregano (or 1 t dried)

1 t ground cumin

1 T dark brown sugar

2 t salt

1/4 t black pepper

Put all of the ingredients into a plastic bag and seal carefully. Let it marinate in the refrigerator for 24 hours. Drain it, saving the marinade, then sear in a 450° oven for 15 minutes. Turn the oven down to 350° and bake the roast until it is tender, basting it regularly with the marinade.



## Moussaka

2 lb ground beef or lamb  
1/2 lb mushrooms, sliced  
2 onions, chopped  
3 cloves garlic, smashed  
1 t salt  
pepper  
1/2 c red wine  
1 small can tomatoes, rinsed and chopped  
1 t cinnamon  
1/2 t nutmeg  
1 t fresh rosemary, chopped finely

2 eggplants ( 2.5 lbs)

3 c Morney sauce plus 2 eggs

Brown the mushrooms and onions in 2 T olive oil. Add the garlic and fry 1 min longer. Add the meat and brown. Add the wine and allow most of it to boil off. Add the tomatoes and spices and cook, uncovered, for ten more minutes.

Partly peel the eggplants, cut them into 1/3 inch slices, and oil both sides of the slices. Cover a large baking pan with paper and lay out the eggplant slices in a single layer. Bake at 400° for about ten minutes on each side. Lay out half of the eggplant slices in an oiled 10 X 13 inch baking dish.

Put the meat layer on top of the eggplant and then cover with another layer of eggplant slices.

Make the Morney sauce and pour it over the dish. Bake the dish 30 min at 350°

## Pastitsio

3 T butter

1 onion, chopped

2 cloves garlic, chopped

1 1/2 lb coarsely ground beef

1/2 c wine

1 T minced parsley

a small can of diced tomatoes, drained

1 t cinnamon

1/2 t nutmeg

1 t salt

1/2 t pepper

1 lb pennette pasta

3 T butter, soft

3 extra large eggs

1/2 c grated parmesan/pecorino

4 c milk

4 T butter

6 T flour

1 c grated parmesan/pecorino

pepper

cinnamon for sprinkling

In a large frying pan, lightly fry the onion and garlic. Add the meat and brown it, then add the wine and boil some of it off. Add the tomatoes and spices and cook uncovered at low heat until it is the correct consistency. Cook the pasta, drain it and, in a large bowl, add the butter eggs, and cheese. Make a cheese sauce with the butter, flour, milk, cheese, and pepper (see Sauces, etc). Put half the pasta in the bottom of a large buttered pan, cover with the meat and the rest of the pasta. Pour over the cheese sauce and sprinkle with cinnamon. Bake at 350° for 60 minutes

## Pork and Spinach

2 pork chops, cut into one-inch cubes  
2 T olive oil  
2 onions, sliced finely  
4 cloves garlic, mashed  
1 small can tomatoes, drained and blended  
1 T garam masala  
1 t tumeric  
1/4 t cayenne pepper (for adults)  
1 t salt  
3/4 c yogurt  
1 1/2 lbs spinach, cooked and chopped

In a large pan that can be covered, fry the pork pieces in the oil until they are well browned. Remove the pork and add the onion and the garlic and continue frying until they are soft. Add the pork, the tomato sauce and all the spices and cook for 20 minutes. Add the yogurt and stir it in completely. Add the spinach and heat for one more minute.

## Pork, Mushroom, and Potato Gratin

1 large pork chop, ground

1 onion, chopped

1/2 lb mushrooms, sliced

2 T olive oil

1/2 t cinnamon

1 1/2 t salt

pepper

1/2 c red wine

2 potatoes, shredded

2 eggs

2 T parsley

1 T fresh marjoram

Fry the pork, mushrooms, and onion until browned. Add the cinnamon, salt, pepper, and wine and continue cooking over high heat for 5 minutes. Combine everything in a large bowl and then put into a well-greased gratin pan. (Use a ricepaper disk on the bottom if you have one.)

Bake at 350° for 40 minutes.

## Steamed Pork Patties

5 dried mushrooms, soaked and chopped

1 lb ground pork

2 t ginger, chopped

1 T oil

8 water chestnuts, chopped

2 T dry sherry or rice wine

1 t sugar

2 T soy sauce

1 T cornstarch

Mix everything, form into small patties, and steam for 30 minutes.

## Cevapcici

1 lb of finely ground beef  
1 lb of finely ground lamb  
5 cloves of garlic, finely chopped  
1 t of paprika  
1 t of baking soda  
2 t of salt  
1/2 t of black pepper  
2 T of soda water

Mix everything thoroughly, let the meat sit for a few hours, then form small sausages, about 3 inches long by 3/4 of an inch in diameter. Grill on the outdoor grill or under the broiler.

## Spicy Pork, Rice, and Lentils

1 large pork chop, cut into small slivers

2 T olive oil

1 onion, chopped

1 clove garlic, chopped

1 t ground cumin

1 T ground coriander

1 t tumeric

1 T fresh ginger, grated

1 jalepeno pepper, chopped

2 t salt

1/4 t black pepper

1 c red lentils

1 c rice

4 c water

In a large pan that can be covered, fry the pork pieces in the oil until they are well browned. Add the onion and the garlic and continue frying until they are soft. Add all the spices and continue frying over low heat for one more minute.

Add the lentils, the rice, and the water. Bring to a boil, mix slightly, cover the pan and cook over low heat for 15 minutes. Turn off the heat and let the dish sit for ten more minutes.

## Beans and Sausage

1 medium onion, chopped

3 T of olive oil

2 cloves of garlic, chopped

about 6 inches of sausage, cut into slices

1 can of diced tomatoes, drained

3 T of chopped parsley

2 cans of cannellini beans

Lightly brown the onion in the oil in a deep frying pan. Add the garlic and sausage slices and continue frying until the sausage begins to brown. Add the tomato, parsley, and beans and heat thoroughly.



## Chinese Pork and Vegetables

6 dried mushrooms, soaked in warm water and then minced

1 lb of pork tenderloin, cut into bite-sized pieces

2 T of soy sauce

1 T of minced ginger

2 minced garlic cloves

1/2 t of sugar

1/2 t of salt

2 T of soy sauce

1 T of dry sherry

1 1/2 T of cornstarch

a small can of sliced water chestnuts

a small can of sliced bamboo shoots

3 stalks of celery sliced

a small head lettuce or 1/2 of a head of cabbage, thinly sliced

Put the sliced pork in a small bowl with the soy sauce, ginger, garlic, sugar, and salt. Mix the soy sauce, sherry, cornstarch, the mushroom water, and enough water to make 2/3 of a cup in a small bowl and set aside. Heat 2 T of oil in a frying pan that can be covered. Drain the pork into the cornstarch mixture and add it to the pan. Fry on high heat until browned and then set aside. Add the water chestnuts, bamboo shoots, minced mushrooms, and celery to the pan and fry for two minutes on high heat. Add the cornstarch mixture, the pork, and, if necessary some more water to the pan, lower the heat, cover the pan and allow to cook for five minutes. In another pan or wok, fry the lettuce or cabbage in 2 T of oil until well wilted. Mix everything and serve with rice.

## Veal and Rice with Yogurt

1 1/2 lbs of veal, lean pork, or sausage, cut into small pieces

2 T of oil

1 medium onion, chopped

1 clove of minced garlic

3 T of chopped parsley

1 t of paprika

3 c of beef broth

1 c of uncooked rice

salt and pepper to taste

1 c of yogurt

Brown the meat in the oil in a pan that can be covered. When it is brown, add the onion and garlic and fry it for a few more minutes. Add everything else except the yogurt, bring to a boil, cover the pan, and cook over a low heat for 15 minutes. Mix in the yogurt, bring back to a boil, cover, and cook over low heat another 15 minutes.

## Lasagna Italiana

3 1/2 c of flour

1 t of salt

5 large or 4 extra large eggs

1 T of olive oil

1 recipe of Bolognese Sauce

1/2 lb fresh mushrooms, sliced

1 1/2 lb of mozzarella cheese, thinly sliced or coarsely grated

1 1/2 c of grated parmesan cheese

3 T of melted butter

1/2 c of breadcrumbs

Put the flour and salt in a large bowl, make a well in the center and put the eggs and oil in the well. Mix the dough until it is somewhat uniform, then empty it onto the counter and knead it until smooth. Let it rest for awhile and then roll it out in a pasta maker and cut the noodles. Cook the noodles in salted water until al dente.

Butter a baking dish and fill it with repeated layers of pasta, sauce, cheese, and mushrooms, ending with a layer of pasta. Cover with the melted butter and sprinkle with breadcrumbs. Bake at 350° until nicely browned (about 30 minutes).

## Spicy Lasagne

1 lb dry lasagne

12 dried chinese mushrooms, soaked in 1 c warm water for 1 hour

4 italian sausages

2 T olive oil

2 onions, chopped

1 green pepper, chopped

1 jar Trader Joe's Spicy Salsa Spaghetti Sauce

1 large can italian tomatoes

1 lb feta cheese

1 c grated parmesan

salt and pepper to taste

Skin the sausages, chop them and fry them, in a large pan, until they are well browned. Pour off the excess grease. Add the oil to the pan and fry the peppers and onions. Squeeze out the mushrooms, keeping the liquid, and cut them in pieces, discarding the stems. Add the mushrooms, the spaghetti sauce, the tomatoes (break up the tomatoes with a wooden spoon), the mushroom juice (filtered through a strainer), and the salt and pepper to the pan. Simmer, uncovered, for an hour in order to thicken the sauce. Beat the feta and parmesan cheese together in a food processor or by hand.

In a large pot of salted water, cook the noodles for 5 minutes. Oil a baking dish with olive oil and lay out a layer of noodles. Cover with sauce and cheese and repeat the layering, ending with a layer of noodles.

Bake at 350° for 30 min.

## Italian Meatballs

1/2 lb of Italian sausage meat

1 lb of ground beef

1 c of bread crumbs←

2 eggs

1/4 lb of grated peccorino cheese

3 cloves of garlic, finely chopped

2 T of finely chopped parsley

1 egg and bread crumbs for coating

Thoroughly mix the ingredients and form into slightly flattened meat balls. Dip them in the egg and coat them with bread crumbs. Heat about a half-inch of oil in a pan and, when the oil is hot, brown the meatballs well. If serving with spaghetti, reheat them in the sauce for the last fifteen minutes.

## Stuffed Eggplant

2 eggplants

1/2 lb ground lamb or pork

2 T olive oil

1/4 lb mushrooms, chopped

1 large onion, chopped

2 stalks of celery, chopped

2 cloves of garlic, mashed

2 tomatoes, peeled, seeded, and chopped

1/4 c of red wine

1/4 t nutmeg

1 t salt

pepper

2 t of some mix of marjoram, oregano, mint, and sage

1/2 c of breadcrumbs

1/2 c of grated parmesan cheese

Split the eggplants the long way and scoop them out, leaving about 1/4 inch thick walls. Chop the scooped out flesh finely.

Brown the meat in the oil in a large frying pan. Add the mushrooms and brown. Add the chopped eggplant, the onion, the celery, and the garlic and brown. Add the tomato and the wine and cook for ten minutes on high heat to boil out some of the water. Add everything else and mix thoroughly.

Fill the eggplants with the chopped mixture, pressing it in and smoothing the top.

Bake at 350° for about 30 min.

## Stuffed Green Peppers

2 c of boiling water+1 c of rice+1 t of salt, cooked for 13 minutes

1/4 c of chopped parsley

3/4 c of grated parmesan or pecorino cheese

6 large green peppers

2 T of olive oil

1 medium onion, chopped

1 clove of garlic, chopped

2 T of olive oil

1 lb of ground beef

1/4 c of red wine

Salt and pepper to taste

2 small cans of diced tomatoes, blended in the food processor

Add the chopped parsley and grated cheese to the rice and mix. Remove the tops of the green peppers and steam them, upside down, for five minutes. fry the onion in the olive oil until it is soft. Add the garlic and continue frying for one more minute. Mix the onion with the rice.

Fry the ground beef until it is completely brown, and then add the red wine, boil off some of it, add the salt and pepper, and add to the rice mixture and mix.

Half stuff the peppers, add half the tomato sauce, finish stuffing them and put them in a baking dish, pour the remaining tomato sauce over them, and bake them at 350° for 40 minutes.

## Tofu and Beef

3 cakes tofu

1/3 lb ground beef

1 T oil

1 leek, sliced

2 T garlic black bean sauce

1 T soy sauce

1 T chili powder

1/4 c chicken stock

1 t cornstarch

1/2 t sesame oil

pepper

Cut tofu into 1/2 inch squares, and boil for 2 minutes, and drain. Fry beef in oil until browned. Add all ingredients and cook 2 minutes more. Serve with rice.



## Western Beef and Rice Casserole

1 lb of coarsely ground beef

2 T of oil

1 medium onion, chopped

1 green pepper, chopped

1 large or 2 small cans of tomatoes

1 can of black olives, coarsely chopped

1 c of sliced celery

1 c water

1 c of white rice (uncooked)

2 t of salt

1/4 t of black pepper

1 T of chili powder

1/2 t of Worcestershire sauce

Brown the beef in the oil in a frying pan. Transfer it to the casserole. Fry the onion and green pepper until slightly browned. Add the rice to the pan and stir for a minute or two. Add everything to the casserole, heat on the stove until bubbling, cover the casserole and put into the oven.

Bake at 325° for 60 min.