

Cheroche Casserole

Elain

1 lb. gr. beef
3/4 cups onions
1 1/2 tea salt
dash pepper
1/8 tea. garlic powder
1/8 ✓ oregan
1/2 small bay leaf

1 Can (19oz) tomatoes
1 Can (10oz) mushk. soup
* 1 cup minute rice
1 Can (10oz) mushroom
2 to 3 slices process
Cheese

Brown beef - onions - stir in
rest of ingrediads except cheese.
Bring to boil, reduce heat +
simmer 5 mins stirring occasionally
Discard bay leaf. Spoon into 1 1/2 qt.

baking dish. Cheese on top & broil

* Instead of instant rice use 1 cup
raw rice & 2 cups water & 1 tbsp.
soya sauce.

Also can add 1 cup celery
& saute with onions