

Chili in the Oven

1 lb ground beef

1 onion chopped

1 can (796 ml or 28 oz) diced tomatoes or plain

1 can (398 ml or 14 oz) red kidney beans

$\frac{1}{2}$ cup beef broth

1 sweet green pepper chopped

1 tablespoon chili

$\frac{1}{2}$ tsp. cumin

$\frac{2}{3}$ cup rice raw

$\frac{2}{3}$ cup shredded cheese

Brown beef & onion, add remainder of ingredients, except rice. Bring to boil, then stir in rice. Place in cassarole. Bake covered 25 mins or till rice is done. If using smaller can of tomatoes use more broth (1 cup) 6 servings.