

# CHINESE STYLE CASSEROLE

- 1 lb <sup>lean</sup> ground beef
- 2 tbsp. salad oil
- 2 med. onions - chopped
- 1 cup celery
- 1 can mushroom soup
- 1 can. cream chicken <sup>(or celery)</sup> soup
- 1/2 cup. warm H<sub>2</sub>O
- 1 <sup>cup</sup> cup uncooked rice
- 1/4 cup soya sauce
- 1/4 tsp. pepper

- 1 can chow mein noodles
- 1 can mushrooms

\* 1 hr. 15 min  
350°

Brown meat in oil. Add onions, celery,  
warm H<sub>2</sub>O & soups.

Stir in soya sauce & pepper.

Pour into greased casserole.

Cover & bake for 30 min.

Remove cover & bake 30 min ~~more~~ <sup>more</sup>

Cover with noodles and bake another  
15 min.