

*From the kitchen of David and Jennifer Deaven*

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## Meat/Texas Hash

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From Judy Corkill - about 1986 ..A staple when Jennifer was growing up.. ..Judy left out the green peppers.. ..

- A: 3 onions, sliced  
1 green pepper, minced
- B: 1# ground beef, turkey, or ostrich
- C: 2C tomatoes, cooked  
1/2C uncooked rice (or 2C uncooked noodles)  
1t chili powder  
2t salt  
1/8t pepper
0. Preheat oven 350F.
  1. Cook (A) in 3T oil/fat until onions are yellow.
  2. Add (B) and fry until mixture falls apart.
  3. Stir in (C).
  4. Pour into greased 2-qt casserole dish. Cover & bake 1 1/4 hour, removing cover last 15 mins.
  5. Serve hot -- good with corn, green salad & french bread.
- Servings: 6



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