

From the kitchen of David and Jennifer Deaven

\$id: texas_hash.v 1.4 2018/11/26 04:48:00 deaven Exp \$

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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