

Main Dish



Slow Cooker Spanish Rice

Makes 8 servings

Prep Time: 15 minutes of chopping

Allergy Alert: **None**

Ingredients

2 lbs. ground beef, browned

2 medium onions, chopped

2 green peppers, chopped

2 8-oz. can tomatoes

8-oz. can tomato sauce

1 & 1/2 cups water

2 & 1/2 tsp. chili powder

2 tsp. salt

2 tsp. Worcestershire sauce

1 & 1/2 cups rice, uncooked

Slower Cooker Instructions

Cooking Time: 6 hrs high or 8-10 hrs on low

Ideal slow-cooker size: 6 qt

1. Combine all ingredients in slow cooker.
2. Cover. Cook on Low 8-10 hours, or on High 6 hours.

Dutch Oven Instructions

Ready for testing and writeup.