



meal ideas #17

Hamburger Rice Hot Dish

Serves 4

1 lb. browned hamburger
1 cup raw rice, cooked
1 can cream of mushroom soup
1 can cream of chicken soup
1 cup celery, chopped
1 cup onion, chopped

- 1** Dice and cook celery and onions. Set aside water.
 - 2** Combine ingredients. Mix well. If mixture seems dry, add celery/onion water to moisten. Place in casserole dish and garnish with chow mein noodles.
 - 3** Bake at 350° F for 1/2 hour. Serve with canned green beans or peas.
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Spring Vegetable Pasta

Serves 8

2-3 cups uncooked macaroni
1 12 oz. can albacore tuna, drained
1 small bottle Italian or lite Italian dressing
2 cups cucumbers, halved and sliced
1 1/2 cup diced tomatoes
1 1/2 cup green onion, chopped.
salt and pepper

- 1** Cook macaroni until firm.
 - 2** Add tuna, cucumbers, tomatoes and green onion. Mix well.
 - 3** Add Italian dressing. Toss well. Salt and pepper to taste.
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