

Spanish Rice

(Serves 4)

1 cup raw rice
1 medium onion
2 teaspoons salt
1-2 lb. ground beef
Cayenne pepper

1 cup tomatoes
½ green bell pepper
1 teaspoon chili powder
2 cups water (or beef broth)

Brown the ground beef in a skillet. Then combine the remaining ingredients. Add cayenne pepper to taste. Cover and simmer for 30 minutes or until the rice is cooked.

