



BEEF PILAU

- 1 Pound Round or Chuck Steak
- 2 Tablespoons Butter
- 1 Large Onion, Finely Chopped
- 1 Teaspoon Salt
- 1 Cup Packaged Quick Cooking Rice
- 1 Large Can Tomatoes
- 1 Large Can Red Kidney Beans
- 10 Ounce Beef Consommé
- 1 Teaspoon Chili Powder
- 1/4 Teaspoon Oregano
- 1 Teaspoon Salt

DIRECTIONS

- 1. Cut meat into 1 inch cubes.
- 2. Heat butter in a skillet.
- 3. Add onions, salt and meat, brown.
- 4. Fill a 2 quart casserole with a layer of meat, then rice, tomatoes and beans. Repeat.
- 5. Combine consommé, chili powder, oregano and salt.
- 6. Pour into casserole.
- 7. Bake in a 350 degree oven for 1 hour.