

## Mother's Spanish Rice

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
onion	1 large	chopped
green bell pepper	1 large	chopped
mushrooms	1/4 pound	sliced
olive oil	1/4 cup	
ground beef	1 pound	
canned whole tomatoes	1 can (15 oz)	
chili powder	to taste	
salt & pepper	to taste	
rice	cooked	

- Sauté the onion, peppers, & mushrooms in olive oil.
- Optionally, add ground beef, and stir until browned.
- Add the rest of the ingredients, and simmer for at least half an hour.
- Cook the rice while the veggies (and perhaps beef) are simmering.
- Stir into steamed rice.

**NOTE:** I remember eating this on Halloween night, followed by baked apples for dessert. I think that Mother was trying to stuff us full of actual food before Michael and I went out to gather bags full of junk. I omit the beef.