



## Spanish Rice with Beef



1 lb. ground beef

1/2 c chopped sweet onion

1/3 c chopped green pepper

1 1/4 c uncooked long-grain rice

1 29-oz. can tomato sauce

2 c hot water

1 t mustard

1 1/2 t salt

In large skillet (with lid) brown beef. Add onion, pepper and rice. Cook over medium heat 2 minutes. Stir in sauce, water, mustard and salt. Bring to a boil. Cover and cook on low for 30 minutes. Serve warm.