

GF Friendly

Texas Hash
A budget meat and rice family meal

Ages ago, a friend gave me a book of recipes compiled by a group of ladies in his home town of Beeville Texas. This one is thanks to Mrs. Ruby Page. The meat she recommended was “hamburger”, so I used minced beef; however, there’s no reason minced pork, lamb, or even chicken wouldn’t work well. Preparation and cooking is a breeze; and ingredients are usually cheap; so it’s an ideal tasty dish for large families – just increase quantities to suit.

Cooking is in two parts – firstly in a large pan, then finished off in the oven in a covered casserole.

- 500g minced beef
- 2 large onions
- 2 green capsicums
- ½ cup uncooked white rice
- 2 cans diced tomatoes
- 1 tsp chilli powder (or to taste)
- 1 tsp salt
- ¼ tsp black or white pepper
- ½ cup cold water
- 2 Tbsps extra virgin olive oil



Quarter the onions down the centre core, then slice thinly across. Remove the seed and pith from the capsicum before slicing thinly top to bottom, then cutting across into pieces about 2 cm (3/4 inch). Warm the oil in the pan with the chilli powder, then add the onion and capsicum. Stir while cooking on medium until the onion starts to turn transparent. Add the meat mince with the salt and pepper, mix in well and break up all the lumps in the process. Continue turning this over the heat until the meat is cooked, mix in the tomatoes and warm before removing from the heat.

Turn on the oven to heat up while finishing off. Stir the uncooked rice and water into the mix, then transfer to a suitable casserole and cover with the lid, or foil. Bake on 165°C fan-forced (375°C conventional) for about 35-45 minutes, or until cooked. Dish into warmed bowls.

Serves 4-6

Doesn’t freeze too well – the rice goes stodgy!

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