

Aunty Kate's Wild Rice Casserole



Ingredients

1 cup quinoa, 2 cups water, pinch salt for quinoa

2 cups raw wild rice, 6 cups water, 1 tsp salt

2lbs lean ground beef

1lb fresh mushrooms

1 large or 2 small onions

3 celery stalks

3 tbsp butter

¼ cup soy sauce

2 cups sour cream

1 tsp salt, ¼ tsp pepper

½ cup slivered almonds (save some for garnish)



Directions

- Cook quinoa in water.
- Cook wild rice in water and salt, covered for 45 minutes. Drain if necessary.
- Brown ground beef.
- Rinse mushrooms, onions and celery, then chop. Sauté in butter for 5 minutes.
- Combine soya sauce, sour cream, salt and pepper.
- Add cooked quinoa, wild rice, beef and sautéed vegetables and almonds. Toss lightly and place in a 3 quart casserole.
- Bake in oven 350 for about an hour.
- Garnish with reserved almonds.

Enjoy!

This recipe has been created and shared by Kate Brant.

Kate tells us that the most important principle for cooks and chefs "is to enter your kitchen or approach your food with clean hands, happy heart and a good mind."