

BEEF AND ZUCCHINI BAKE

6 Servings

INGREDIENTS

6 cups zucchini, cut into ¼ inch thick slices

1 lb ground beef

2 medium onions, finely chopped

2 cups instant rice

2 tsp garlic powder

2 tsp dried oregano

Salt and pepper to taste

4 cups cottage cheese or ricotta

2 10oz cans cream of mushroom soup

½ lb grated mozzarella cheese

DIRECTIONS

Step 1

In a large pot of rapidly boiling, salted water, cook the zucchini until just tender. Drain and cool.

Step 2

Preheat the oven to 350 degrees F.

Step 3

In a large pot over high heat cook the beef and onion, crumbling beef with a spoon, until it is no longer pink.

Step 4

Add the rice, garlic powder, oregano, salt and pepper.

SHOPPING LIST

Zucchini

Ground beef

Instant rice

Garlic powder

Oregano

Cottage cheese or ricotta

2 cans of mushroom soup

Mozzarella cheese

Step 5

Spread half the zucchini into a 9x13 inch baking dish. Spread evenly with beef mixture, then cottage cheese. Cover with remaining zucchini and spread the mushroom soup over the zucchini. Sprinkle with cheese. And bake for 30-40 minutes until bubble and brown.

From the book: (1999). *Many Hands: Community Kitchens share their Best*. Vancouver, BC: Community Kitchens Publishing.