

Minnesota Wild Rice Hotdish

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/wild-rice-hotdish-indian-recipe>

Ingredients:

- 1 pound ground beef
- 1/2 cup onion chopped
- 1 cup celery sliced
- 1 cup carrots sliced
- 1 cup wild rice rinsed well
- 3 tablespoons soy sauce
- 2 cups cold water
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- black pepper to taste

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 85 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 9 grams
8. Sodium: 1540 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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