

the Frugal Chef

1 1/2 cups white rice

3 cups water or chicken stock

1 1/2 pounds small cubes of beef

1 medium yellow onion - chopped

3 garlic cloves - minced

2 TBS chopped parsley

4 tomatoes - chopped

1/2 TBS crushed oregano

3 TBS tomato paste

2 cups chicken or beef stock

1/2 cup peas

1/2 cup small cubed carrots

1/2 cup black olives - chopped

3 hardboiled eggs - sliced

Olive oil

Salt & Pepper

Butter & Paprika

Bring 3 cups of salted water to a boil. Add the white rice. Reduce the heat, cover, and steam for 20 minutes. Fluff the rice and set aside.

Heat a large skillet with some olive oil. Add the beef and brown it, discarding any rendered liquid. Set aside.

Wipe the skillet clean and heat some more olive oil. Add the onion and cook, stirring occasionally, until lightly browned and softened - about 8 minutes. Add the garlic and parsley. Cook for a couple of minutes. Return the meat to the pan. Add the tomatoes, tomato paste and broth. Mix well. Season with salt, pepper and oregano. Add the peas and carrots and bring to a boil. Reduce the heat and simmer for about 20 minutes, until the peas and carrots are cooked through. Remove from heat and add olives.

Preheat the oven to 350 degrees.

Butter a 13x9 baking dish. Place the meat sauce at the bottom of the pan. Place the egg slices on top. Cover the sauce with the cooked rice. Place a few dabs of butter on top and sprinkle with paprika for color. Place the dish in the oven and bake for 25 to 30 minutes. Serve and enjoy!

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