

# Texas Trash

- 1 lb ground beef
- 1 12 oz can crushed tomatoes
- 1 medium size onion
- 1 tsp salt
- 1 pack chili powder (about 1 tbs)
- 1 c. instant rice

Slice and dice onion. Brown the ground beef. As it starts to brown, add the onions. When the beef is browned, pour off most of the excess grease. Pour in the tomatoes, add the rice (dry), salt, and chili powder. About this time it's starting to look like a trash heap. Blend everything together in the dutch over. Cover and cook for 30 to 60 minutes, depending on size of your dutch over, weather, etc... Feeds 4 to 6. Adjust quantities according to the group you need to feed.

This is the basic receipt.