

Lebanese Dishes



Megan, Jessica and Heather

Rice and Meat Filling for Vegetables

(Key Recipe #1)

Patricia Horany Cooper

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|--|-----------------|
| 3 lbs. chili ground beef (chuck, round, sirloin), lean | 2 tsp. salt |
| 1 ½ cups rice (<i>I use Comet</i>) | 2 tsp. cinnamon |
| 1 stick butter | 1 tsp. allspice |
| | ¼ tsp. pepper |

Place rice in mixing bowl. Add butter and spices, and mix. Combine meat with rice and mix together.

This filling may be used for grape leaf rolls, cabbage rolls, or stuffed squash. This recipe is sufficient for 1 quart preserved grape leaves, 2 medium heads cabbage, or 2 dozen small squash.