

**BEN'S LAYER CASSEROLE** \*Free of wheat, milk, egg, peanut/tree nut

Preheat oven to 350. Grease a casserole dish. Layer one potato sliced on the bottom, top with layer of 1/3 cup (uncooked) rice, then 1/2 lb. (cooked) beef, followed by 1 small diced onion, 1 cup sliced carrots and 1 cup peas. Top this with 4 cups diced tomatoes. Cover with foil and bake 2 hours or until vegetables are done. Remove foil during last 15 minutes for better browning.