

## Tupperware Spanish Rice in the Stack Cooker

1 pound or less lean ground beef

1 cup of rice

1 8oz can tomato sauce

1 can water (8 oz)

1 small round onion

2 stalks celery

1/2 green bell pepper

1/2 tsp garlic salt

1 1/2 TBS Tupperware Chipotle Seasoning as an alternate use cumin

- Crumble ground beef in 3 qt Stack Cooker, covered for 3 minutes in microwave on high
- when done, season ground beef with Garlic Salt and Tupperware Chipotle Seasoning
- wash rice
- mince onion, celery and bell pepper using the Power Chef or Quick Chef Pro
- Add rice, tomato sauce, water, onion, celery, bell pepper, garlic salt and chipotle seasoning to ground beef
- Mix well, cover and microwave for 30 minutes
- Mix and cook for an additional 3-5 minutes if needed

