

Betty's Sirloin Steak and Wild Rice Casserole



Uploaded on 2 Nov 2010

In this video, Betty demonstrates how to make her Sirloin Steak and Wild Rice Casserole. This is a very large casserole that is packed with flavor! It's great for company, but when I make it just for my family there is very little (if any) left!

Ingredients:

1 1/2 pounds uncooked boneless sirloin steak (1-inch thick)
(2) 10 3/4-oz. cans condensed cream of mushroom soup
10 3/4-oz. can condensed cream of celery soup
(2) 10 3/4-oz. cans beef broth
2 cups milk
3/4 stick (3-oz.) butter, melted
(2) 6.2-oz. boxes Uncle Ben's long grain and wild rice (fast cooking recipe)
large can French fried onions
cooking oil spray, if desired

Melt 3/4 stick (3-oz.) butter in a very large pot or Dutch oven. Add 2 cups milk, the five cans of soup, and 2 boxes of Uncle Ben's fast cooking long grain and wild rice, including the herb and seasoning packets that come with the rice. Stir well. Now, remove all extra fat and gristle from the sirloin steak and discard it. Cut the uncooked steak into 1-inch cubes and add the sirloin steak cubes to the soup-rice mixture. Next, ladle the steak and soup-rice mixture into a *very* large casserole dish. I use a 10.5 inch by 14.75 inch by 2.25 inch Pyrex dish. If you don't have an oven-proof dish this large, make two casseroles with smaller oven-proof dishes and cook for a shorter time. Spray the baking dish with cooking spray, if desired. This is not necessary, because there is enough fat in the sauce from the butter, but it might make serving a little easier. Bake the casserole in an oven that has been preheated to 350 degrees. You may cover the casserole with aluminum foil for the first hour of baking, then remove the foil and add 1 large can of French fried onions as a topping. Return casserole to a 350 degree oven to allow the topping to brown for about 15 minutes. You may omit the aluminum foil and cook the casserole for 1 hour and 15 minutes (adding the French fried onions during the last 15 minutes); it won't be quite as saucy. Serve while hot. This makes a complete meal, served with a tossed green salad and hot French bread! Yum! I hope you enjoy this recipe! --Betty