

EASY CABBAGE CASSEROLE

ingredients

- 1 ½ lb. ground beef
- 2 medium onions, finely chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can (7.5oz) tomato sauce
- 1 Cup water
- 1 can tomato soup
- 1/2 cup long grain rice, uncooked
- 4 cups shredded cabbage
- 1/3 cup tomato juice

directions

- In a large skillet, combine beef, onion, garlic and salt and pepper. Cook stirring until beef is no longer pink. Drain off the grease.
- Add tomato sauce, water Mix well, and half of the tomato soup. Then stir in the rice.
- In a crock pot place half the meat mixture and then half the shredded cabbage; repeat the layers.
- In a bowl, combine the remaining tomato soup with the tomato juice until blended. Drizzle over the top layer of cabbage in the crock pot.
- Cover the crock pot and cook on low for 8 to 10 hours, or on high for four to six hours. Serve hot.

nutrition

Servings: 1 Cup
Calories per serving: 294
Fat: 15g
Carbs: 17g
Protein: 24g

