

Cedric Adams Low Calorie Cabbage Casserole

*Dorothy Rickers Cookbook: Mixing & Musing
Best of the Best from Minnesota Cookbook*

Servings: 5

*1 medium head cabbage,
chopped
1 pound lean ground beef
1 small onion, chopped
1 can tomato soup,
undiluted
chopped chives (for
garnish)
parsley (for garnish)*

Preheat the oven to 350 degrees.

In a saucepan with water, parboil the cabbage for 3 minutes. Drain.

In a skillet, brown the ground beef and onion. Drain well.

In a two-quart casserole, place alternate layers of the cabbage with the meat and onion mixture. Pour the soup over the top. Pierce the layers with a fork several times to enable the soup to run through the layers.

Bake, uncovered, for 30 minutes.

Serve with low calorie cottage cheese, sprinkled with chopped chives and parsley.

Per Serving (excluding unknown items): 270 Calories; 19g Fat (65.1% calories from fat); 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.