

Stuffed Cabbage Casserole

*Kimberley A Laughlin
The Pennsylvania State Grange Cookbook (1992)*

Servings: 8

*1 1/2 pounds ground beef
1 onion, chopped
1/2 green bell pepper,
chopped
2 cloves garlic, minced
3/4 cup uncooked rice
1/2 head cabbage,
shredded
1 can (46 ounce) tomato
OR V-8 juice*

Preheat the oven to 350 degrees.

In a skillet, brown the ground beef, onion, green pepper and garlic, stirring frequently. Drain.

In a 13x9-inch baking dish, layer the ground beef mixture, rice and cabbage, one-half at a time. Pour the juice over all.

Bake, covered with foil, for one hour and 15 minutes.

Per Serving (excluding unknown items): 274 Calories; 23g Fat (75.3% calories from fat); 14g Protein; 2g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 60mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.