

Inside-Out Stuffed Cabbage

*Taste of Home Test Kitchen
Taste of Home Recipe Book 2015*

Servings: 4

*1 pound ground beef
2 cups butternut squash,
peeled and cubed
1 medium green pepper,
chopped
6 cups cabbage, chopped
1 can (11-1/2 ounce) spicy
hot V8 juice
1 cup water
1 envelope beefy onion
soup mix
1 tablespoon brown sugar
1/2 cup uncooked instant
brown rice*

In a dutch oven, cook the beef, squash and green pepper over medium heat until the meat is no longer pink. Drain.

Stir in the cabbage, juice, water, soup mix and brown sugar. Bring to a boil. Reduce the heat. Cover. Simmer for 8 to 10 minutes or until the cabbage is tender, stirring occasionally.

Stir in the rice. Cover and cook for 5 minutes. Remove from the heat. Cover and let stand for 5 minutes or until the rice is tender.

Per Serving (excluding unknown items): 433 Calories; 31g Fat (62.5% calories from fat); 22g Protein; 20g Carbohydrate; 5g Dietary Fiber; 96mg Cholesterol; 107mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

