

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Cabbage Roll Casserole



Servings: 8

### *Ingredients:*

- ½ pound ground beef (90% lean)
- 1 onion (chopped)
- 1 garlic clove (minced)
- 1 can diced tomatoes, low-sodium (16 ounces)
- 1 cup tomato sauce (or tomato juice)
- 1½ cups water
- ¼ cup instant rice (brown)
- 1 cabbage head (small to medium, chopped in bite-sized pieces)



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage.
3. Cook over medium heat until cabbage is almost tender.
4. Add instant rice and cook five minutes longer.
5. Season to taste and serve.

**Nutrition Facts:** Each serving provides 124 Calories, 3g Total Fat, 1g Saturated Fat, 173mg Sodium, 17g Total Carbohydrate, 4g Dietary Fiber, 8g Protein

