

CABBAGE ROLL CASSEROLE

Ingredients

- 2 tablespoons (25 mL) canola oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 pound (500 g) extra lean ground sirloin
- 1/4 teaspoon (1 mL) salt
- 1/4 teaspoon (1 mL) ground black pepper
- 2 cups (500 mL) chopped cabbage
- 1 can (796 mL/28 oz) diced tomatoes
- 3/4 cup (175 mL) long grain brown rice
- 1 cup (250 mL) sodium-reduced vegetable or beef broth

Instructions

Step 1

In large skillet with lid, heat canola oil over medium. Sauté onions and garlic about 5 minutes.

Step 2

Add ground beef. Brown about 5 minutes over medium-high heat. Season to taste with salt and pepper.

Step 3

Add cabbage, tomatoes, rice and broth and stir well. Bring to a boil. Reduce heat to low simmer, cover and cook for 30 minutes or until rice is tender. If preferred instead, after bringing mixture to a boil, bake in oven-proof skillet with lid in 180 °C (350 °F) oven for about 40 minutes.

Prep Time	Cook Time	Serving Size
5 minutes	40 minutes	1 cup



Nutrition Facts

Calories	200
Total Fat	6g
Sodium	140mg
Carbohydrate	22g
Protein	14g