

SPOTLIGHT RECIPE



CABBAGE-BEEF CASSEROLE

- Heat the oven to 350 F.
- Brown the ground beef in the oil; add the onion, green pepper, salt and rice.
- Slice the cabbage in the bottom of a casserole dish; spread the beef mixture over the cabbage.
- Mix the tomato soup and water; add the tomato sauce.
- Pour over the cabbage and the meat.
- Cover and bake for 1 1/2 hours.

Ingredients

Servings: 8

- 1 pound ground beef
- 1 tablespoon cooking oil
- 1/2 cup onion, cut up
- 1 green pepper, chopped
- 1 teaspoon salt
- 3 tablespoons uncooked rice
- 1 cabbage
- One 10 1/2-ounce can condensed tomato soup
- 3/4 cup water
- One 8-ounce can tomato sauce

