

Riverview Wellness Center

Recipe

Client Name: Cindy Stancliffe

Recipe for: Cabbage Roll Casserole

Ingredients: 2 lbs ground beef or turkey
1 large onion, chopped
3 garlic cloves
2 15oz cans tomato sauce, divided
1 tsp dried thyme
½ sp each dillweed and rubbed sage
½ sp each salt, pepper and cayenne pepper
2 cups cooked rice
4 strips bacon, cooked and crumbled
1 medium head cabbage, shredded
1 cup (4 oz) shredded part skim mozzarella cheese

Preparation: In large skillet, cook meat, onion and garlic over med. heat. Drain. Stir in one can tomato sauce and seasonings. Bring to a boil. Reduce heat, cover and simmer 5 minutes. Stir in rice and bacon, heat through. Remove from heat. Layer 1/3 of cabbage in greased 9x13 baking dish. Top with half of the meat mixture. Repeat layers. Top with remaining cabbage.

Pour remaining tomato sauce on top. Cover and bake at 375 degrees for 45 min.

Uncover, sprinkle with cheese. Bake 10 minutes or until cheese melts. Let stand 5 minutes before serving.