



RECIPE OF THE WEEK

BEEF AND CABBAGE CASSEROLE

1 small head cabbage

1 ½ pounds lean ground beef

1 small onion, minced

1/3 cup minute rice, uncooked

1 can (10 ¾ oz.) tomato soup

1 soup can water

Salt and pepper, to taste

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1. Preheat oven to 350 degrees.
 2. Chop cabbage into bite-sized pieces, and place in the bottom of a 9 X 13 baking pan, sprayed with non stick cooking spray.
 3. Brown ground beef; add salt and pepper. Add onion and stir in uncooked rice.
 4. Place meat mixture over the cabbage; Cover with tomato soup and water.
 5. Bake uncovered for 20 minutes; Cover and continue baking for 60 minutes, or until rice is tender.

Serves 6 - 8

FOOD FOR THOUGHT:

This day will never come again . . . MAKE IT COUNT!