

Cabbage Roll Casserole II

*Doreen Martin - Kitimat, British Columbia
Taste of Home Most Requested Recipes*

Servings: 12

*2 pounds ground beef
1 large onion, chopped
3 cloves garlic, minced
2 cans (15 ounce ea) tomato sauce,
divided
1 teaspoon dried thyme
1/2 teaspoon dill weed
1/2 teaspoon rubbed sage
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper
2 cups cooked rice
4 strips bacon, cooked and crumbled
2 medium head (2 pounds) cabbage,
shredded
1 cup (4 ounce) part-skim
mozzarella cheese, shredded*

Preparation Time: 20 minutes

Bake: 55 minutes

Preheat the oven to 375 degrees.

In a large skillet, cook the beef and onion over medium heat until the meat is no longer pink. Add the garlic. Cook 1 minute longer. Drain.

Stir in one can of tomato sauce and the seasonings. Bring to a boil. Reduce the heat. Cover and simmer for 5 minutes.

Stir in the rice and bacon. Heat through. Remove from the heat.

Layer one-third of the cabbage in a greased 13x9-inch baking dish. Top with one-half of the meat mixture. Repeat the layers. Top with the remaining one-third of the cabbage. Pour the remaining tomato sauce over the top. Cover.

Bake for 45 minutes. Uncover. Sprinkle with the mozzarella cheese.

Bake 10 minutes longer or until the cheese is melted.

Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 308 Calories; 21g Fat (62.7% calories from fat); 15g Protein; 14g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 380mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	308	Vitamin B6 (mg):	.6mg
% Calories from Fat:	62.7%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	17.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	21g	Folacin (mcg):	36mcg
Saturated Fat (g):	9g	Niacin (mg):	5mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	66mg	% Refused:	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	15g	Lean Meat:	2
Sodium (mg):	380mg	Vegetable:	1
Potassium (mg):	404mg	Fruit:	0
Calcium (mg):	29mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	3
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	442IU		
Vitamin A (r.e.):	44RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 308 **Calories from Fat:** 193

% Daily Values*

Total Fat	21g	33%
Saturated Fat	9g	43%
Cholesterol	66mg	22%
Sodium	380mg	16%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	5%
Protein	15g	
Vitamin A		9%
Vitamin C		15%
Calcium		3%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.