

Cabbage Roll Casserole

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4 tablespoons olive oil, divided
1 medium onion, chopped
3 cloves garlic, minced
1 pound ground beef
salt and pepper (to taste)
1 teaspoon dried thyme
2 teaspoons paprika
1 tablespoon Worcestershire sauce
2 tablespoons brown sugar
1 tablespoon white vinegar
1 can (14 ounce) dried tomatoes with
juices
1 jar (15 ounce) tomato sauce
2 cups cooked brown rice
1 large head green cabbage, coarsely
chopped
1/2 cup Parmesan cheese, grated
1 cup mozzarella cheese, shredded

Preheat your oven to 350 degrees.

Grease a large casserole dish.

In a deep skillet or pot over medium heat, heat two tablespoons of the olive oil and saute' the onion for about 3 to 4 minutes until softened. Add the garlic and cook for another minute or two.

Increase the heat to high. Add the ground beef and season well with salt and pepper. Cook until browned, crumbling it up as it cooks.

Stir in the thyme, paprika, Worcestershire sauce, brown sugar and vinegar. Cook for a couple more minutes before adding the tomatoes and tomato sauce. Swirl about 1/4 cup of water in the bottom of the tomato sauce jar and add that as well.

Let simmer for about 15 minutes. Stir in the cooked rice and remove from the heat.

In another large, deep pan, heat two more tablespoons of olive oil over medium-high heat. Add the chopped cabbage. Cook, stirring almost constantly, until the cabbage is about half-cooked. Add salt and pepper generously as it cooks. Remove from the heat.

Spread about one-half of the cabbage onto the bottom of the casserole, pressing it down a bit with the back of a spoon.

Spoon about one-half of the beef mixture over the cabbage. Add the other half of the cabbage and finish with the rest of the beef mixture. Cover tightly with foil.

Bake for about 45 minutes. Remove the foil and sprinkle the cheese on top.

Bake, uncovered, for about 10 minutes more until the cheese melts. Move the dish to the top of the oven.

Turn the broiler on for 1 or 2 minutes until the cheese begins to brown.

Per Serving (excluding unknown items): 3093 Calories; 219g Fat (63.6% calories from fat); 132g Protein; 151g Carbohydrate; 14g Dietary Fiber; 519mg Cholesterol; 3171mg Sodium. Exchanges: 6 Grain(Starch); 16 1/2 Lean Meat; 5 Vegetable; 33 1/2 Fat; 1 1/2 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	3093	Vitamin B6 (mg):	2.4mg
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	13.4mcg
% Calories from Carbohydrates:	19.4%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	17.0%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	219g	Folacin (mcg):	113mcg
Saturated Fat (g):	82g	Niacin (mg):	30mg
Monounsaturated Fat (g):	105g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	519mg	% Refuse:	0 0%
Carbohydrate (g):	151g		
Dietary Fiber (g):	14g	Food Exchanges	
Protein (g):	132g	Grain (Starch):	6
Sodium (mg):	3171mg	Lean Meat:	16 1/2
Potassium (mg):	2765mg	Vegetable:	5
Calcium (mg):	1418mg	Fruit:	0
Iron (mg):	17mg	Non-Fat Milk:	0
Zinc (mg):	24mg	Fat:	33 1/2
Vitamin C (mg):	56mg	Other Carbohydrates:	1 1/2
Vitamin A (i.u.):	6562IU		
Vitamin A (r.e.):	920 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 3093 Calories from Fat: 1966

% Daily Values*

Total Fat 219g	337%
Saturated Fat 82g	411%
Cholesterol 519mg	173%
Sodium 3171mg	132%
Total Carbohydrates 151g	50%
Dietary Fiber 14g	55%
Protein 132g	

Vitamin C	93%
Calcium	142%
Iron	95%

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