

Cajun Cabbage

*Bobbie Soileau - Opelousas, LA
Taste of Home Most Requested Recipes*

Servings: 7

*1 pound ground beef
1 medium green pepper, chopped
1 medium onion, chopped
2 cloves garlic, minced
1 can (10 ounces) diced tomatoes &
green chilies
1 can (8 ounce) tomato sauce
1/2 cup uncooked long grain rice
1 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 to 1/2 teaspoon white pepper
1/4 to 1/2 teaspoon black pepper
1/4 to 1/2 teaspoon cayenne pepper
4 to 6 drops hot pepper sauce
1 small head cabbage, chopped
1 cup (4 ounces) Colby cheese,
shredded*

Preparation Time: 15 minutes

Bake: 1 hour 5 minutes

Preheat the oven to 350 degrees.

In a Dutch oven, place the chopped cabbage well covered with salted water. Bring to a boil. Cook for 10 minutes or until well wilted. Drain and set cabbage aside.

In a skillet, cook the beef, green pepper, onion and garlic over medium heat until the meat is no longer pink. Drain. Stir in the tomatoes, tomato sauce, rice and seasonings.

Spread the mixture into an ungreased 13x9-inch baking dish. Top with the cabbage and cheese. Cover.

Bake for 65 to 75 minutes or until the rice is tender.

Per Serving (excluding unknown items): 293 Calories; 23g Fat (69.1% calories from fat); 16g Protein; 7g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 873mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	293	Vitamin B6 (mg):	.3mg
% Calories from Fat:	69.1%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	9.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.4%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 23g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 71mg
Carbohydrate (g): 7g
Dietary Fiber (g): 2g
Protein (g): 16g
Sodium (mg): 873mg
Potassium (mg): 408mg
Calcium (mg): 139mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 745IU
Vitamin A (r.e.): 108RE

Folacin (mcg): 24mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 293 **Calories from Fat:** 203

% Daily Values*

Total Fat	23g	35%
Saturated Fat	10g	51%
Cholesterol	71mg	24%
Sodium	873mg	36%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	7%
Protein	16g	
<hr/>		
Vitamin A		15%
Vitamin C		48%
Calcium		14%
Iron		11%

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