

# Lazy Man's Stuffed Cabbage

Nadine Myers

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 pounds ground beef  
2 tablespoons olive oil  
1 cup cooked minute rice  
1 head cabbage, diced small  
2 cans tomato soup, undiluted  
salt and pepper (to taste)  
garlic salt (to taste)

Preheat the oven to 350 degrees.

Crumble the ground beef into a 13x9x2-inch glass baking dish. Sprinkle the olive oil over the meat.

Place the cooked rice and cabbage on top.

Cover with the tomato soup.

Cover the dish and place in middle of the oven.

Bake for about two and one-half hours.

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Per Serving (excluding unknown items): 3247 Calories; 272g Fat (75.9% calories from fat); 156g Protein; 38g Carbohydrate; 3g Dietary Fiber; 772mg Cholesterol; 2024mg Sodium. Exchanges: 1 1/2 Grain(Starch); 22 Lean Meat; 1 Vegetable; 42 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	3247
% Calories from Fat:	75.9%
% Calories from Carbohydrates:	4.7%
% Calories from Protein:	19.4%
Total Fat (g):	272g
Saturated Fat (g):	102g
Monounsaturated Fat (g):	126g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	772mg
Carbohydrate (g):	38g

Vitamin B6 (mg):	2.5mg
Vitamin B12 (mcg):	24.1mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.5mg
Folacin (mcg):	131mcg
Niacin (mg):	44mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

**Dietary Fiber (g):** 3g  
**Protein (g):** 156g  
**Sodium (mg):** 2024mg  
**Potassium (mg):** 2816mg  
**Calcium (mg):** 139mg  
**Iron (mg):** 20mg  
**Zinc (mg):** 33mg  
**Vitamin C (mg):** 161mg  
**Vitamin A (i.u.):** 1495IU  
**Vitamin A (r.e.):** 148RE

**Grain (Starch):** 1 1/2  
**Lean Meat:** 22  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 42  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3247                      **Calories from Fat:** 2465

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### % Daily Values\*

<b>Total Fat</b> 272g	419%
Saturated Fat 102g	511%
<b>Cholesterol</b> 772mg	257%
<b>Sodium</b> 2024mg	84%
<b>Total Carbohydrates</b> 38g	13%
Dietary Fiber 3g	12%
<b>Protein</b> 156g	
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<b>Vitamin A</b>	30%
<b>Vitamin C</b>	269%
<b>Calcium</b>	14%
<b>Iron</b>	110%

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