

Slow Cooker Cabbage Roll Casserole

"Parsley"
www.Food.com

Servings: 6

1 to 1-1/2 pounds extra lean ground beef
2 cups onions, chopped
1/2 cup green pepper, chopped
3 cloves garlic, crushed
1/4 to 1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon thyme
1 small head green cabbage, coarsely chopped
1 can (15 ounce) diced tomatoes, undrained
1/2 teaspoon sugar
1 can (15 ounce) tomato sauce

Preparation Time: 10 minutes

Slow Cooker Time: 8 hours

Spray the crockpot with nonstick cooking spray.

Crumble the raw ground beef. Spread on the bottom of the crockpot.

Add the onions, green pepper, garlic, salt, pepper, thyme and cabbage.

Pour the diced tomatoes over the top.

In a bowl, mix the sugar into the tomato sauce (an additional 8 - 15 ounces can be used if more sauce is desired). Pour over everything in the crockpot.

Cover and cook on LOW for eight hours or on HIGH for four hours.

When finished, stir the contents to mix well.

This recipe can also be made with 1 to 1-1/2 pounds of lean ground turkey.

Per Serving (excluding unknown items): 135 Calories; 7g Fat (43.8% calories from fat); 9g Protein; 11g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 366mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.