

Slow Cooker Cabbage and Beef Casserole

Tom Mullen - Port St Lucie, FL

Servings: 6

1 package (16 ounce) cole slaw mix
(cabbage and carrot)
1 pound extra-lean ground beef, not
browned
1 medium onion, finely chopped
1/2 teaspoon salt
1/2 teaspoon thyme
1/4 teaspoon pepper
1/4 teaspoon dried basil, crushed
1 can (15 ounce) diced tomatoes,
undrained
2 cans (15 ounce ea) tomato sauce
1 cup brown or long-grain rice,
uncooked

Preparation Time: 20 minutes

Slow Cooker: 6 hours

In a five- or six-quart slow cooker, place one-half of the slaw mix. Place the ground beef evenly over the slaw mix.

Spread 1/4 teaspoon of salt, 1/4 teaspoon of thyme, 1/8 teaspoon of pepper and 1/8 teaspoon of basil over the ground beef.

Layer the onion evenly. Then layer the uncooked rice.

Place the remaining slaw mix on top of the rice. Combine the remaining spices and spread over the slaw.

In a bowl, combine the tomatoes and tomato sauce. Pour over the top of the mixture.

Cover and cook on LOW for five to six hours or until the rice is tender.

Per Serving (excluding unknown items): 38 Calories; trace Fat (5.6% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 675mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	38	Vitamin B6 (mg):	.2mg
% Calories from Fat:	5.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	80.4%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	14.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	675mg
Potassium (mg):	403mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	12mg
Vitamin A (i.u.):	997IU
Vitamin A (r.e.):	99 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 38	Calories from Fat: 2
--------------------	----------------------

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 675mg	28%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	8%
Protein 2g	
<hr/>	
Vitamin A	20%
Vitamin C	20%
Calcium	2%
Iron	6%

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