

Crockpot Cabbage Casserole

New Leaf Wellness

Servings: 6

*1 pound ground beef or ground turkey
2 medium onions, diced
1 tablespoon olive oil (optional)
1 medium head cabbage, chopped
2 medium carrots, peeled and thinly sliced
1/2 teaspoon salt
1/4 teaspoon pepper
nonstick cooking spray
3/4 cup brown rice , uncooked
3 cups beef or chicken broth*

Slow Cooker Time: 6 hours

Spray the crockpot with nonstick cooking spray.

In a large pot, brown the ground meat and onions with olive oil. Remove from the heat. Add the cabbage, carrots, salt and pepper. Stir to combine.

Place the rice in the bottom of the crockpot. Pour the meat and cabbage mixture on top of the rice.

Pour the broth over the top.

Cover and cook on LOW for four to six hours.

Stir before serving.

Per Serving (excluding unknown items): 28 Calories; trace Fat (4.2% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 190mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.