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# Easy Cabbage and Hamburger Casserole

Linda VanderHoning

Nettles Island Cooking in Paradise - 2014

**1 large onion**  
**1 green pepper**  
**1 pound ground beef**  
**rice (optional)**  
**1 medium cabbage, shredded**  
**1 can undiluted tomato soup**

In a skillet, saute' the onion and ground beef.

Place one-half of the cabbage in a casserole dish.

Top with one-half of the meat mixture. Repeat the layers, ending with the undiluted soup on top. Cover.

Bake at 375 degrees for one hour.

(this dish freezes wonderfully.)

## **Ground Beef**

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*Per Serving (excluding unknown items): 1504 Calories; 121g Fat (73.0% calories from fat); 79g Protein; 22g Carbohydrate; 6g Dietary Fiber; 386mg Cholesterol; 330mg Sodium. Exchanges: 11 Lean Meat; 3 1/2 Vegetable; 18 Fat.*