



Easy Cabbage Casserole

A baked casserole of creamy cabbage, beef, and cheese, topped with cheese and bread crumbs

Yield: 14 - ½ cup servings

Ingredients

1 small-medium head of cabbage, chopped (about 7 cups before it's cooked)

½ lb. ground beef

1 clove garlic

½ cup chopped onion

½ cup chopped green bell pepper

8 oz. sour cream, lite or non-fat

8 oz. shredded sharp cheddar cheese, low fat

¼ teaspoon pepper

½ cup bread crumbs

Instructions

Put cabbage in a pan with a lid, and add an inch or two of water. Cook over medium heat, stirring as needed, until cabbage is tender (about 5-10 minutes). Drain well.

Cook ground beef with garlic, onion, and bell pepper. Drain grease.

In large mixing bowl, combine cooked cabbage, fried beef, sour cream, 4 ounces of the cheese, and the pepper. Stir to coat well.

Spread mixture in a greased 9 x 13-inch baking dish, and sprinkle with remaining 4 ounces of cheese. Sprinkle bread crumbs on top and bake at 350° for 30 minutes.

Nutrition Facts

Serving Size (108g)

Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 50

% Daily Value *

Total Fat 5g 8%

Saturated Fat 3g 14%

Cholesterol 20mg 7%

Sodium 160mg 7%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 5%

Sugars 2g

Protein 10g

Vitamin A 4% Vitamin C 30%

Calcium 10% Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Original version published on Tammy's Recipes (<http://www.tammysrecipes.com>)



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