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Stuffed Cabbage ala Crock Pot

Ingredients

1 small head of cabbage, chopped

1 pound lean ground beef

1/2 cup onion, chopped

1/3 cup uncooked brown rice

1 (10 ¾ -ounce) can of tomato soup

1 soup can of water

vegetable oil spray

Makes 8 servings

Instructions

1. Chop cabbage, put in bottom of crock pot.
2. On the stove in a skillet prepared with vegetable oil spray, brown meat and onion; drain if necessary.
3. Stir uncooked rice into meat and onion mixture. Pour over cabbage.
4. Pour tomato soup and can of water on top. DO NOT STIR.
5. Cook on high for 5-6 hours or on low for 8-10 hours.
6. Add more water if needed.

Variations:

- Oven directions: using a covered casserole dish prepared with vegetable oil spray, follow the above directions, cover and bake a 350° F for 1 hour.
- Ground turkey may be substituted for the ground beef.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving

Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 270mg	**11%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 14g	

Vitamin A 4% • Vitamin C 60%
Calcium 6% • Iron 10%

*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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

30% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. May 2009

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