

Cabbage Roll Casserole

Ingredients

1 kg medium ground beef
2 cups chopped onion
2 cloves minced garlic or 2 tbsp. garlic powder (not garlic salt)
1 tbsp. salt
pepper to taste
2 tbsp. Worcestershire sauce
2 ½ cups tomato sauce (not tomato paste)
1 cup water
¾ cup uncooked rice
7 cups (approximately) coarsely shredded raw cabbage
1 ½ cups grated Swiss cheese

Method

- Brown meat in large pan; drain excess fat; add onions, garlic and seasonings.
- Cook until onion is tender, stirring often.
- Add tomato sauce, water and rice, and stir to blend.
- Place 4 cups of cabbage in bottom of casserole pan; reserve remainder for top.
- Pour meat mixture over cabbage, and top with cheese. Cover with remaining cabbage.
- Bake in 325° oven, with lid on, for 35 minutes. Remove lid, and bake another 10 minutes . (Cabbage will not be fully cooked to allow for additional baking time at the Good Shepherd Centre)
- Cool, cover, and freeze.

Questions: Call Eva Trace (416) 447-3040

After freezing at home, take casserole, marked "Good Shepherd Centre" to the Ministry Centre before the 4th Monday of the month. The Ministry Centre is open on Sunday from 9:30 am to 1:30 pm.

Thank You!