

## Ground Beef and Cabbage Casserole

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 2 cups no salt added tomato sauce
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 4 cups shredded cabbage



1. Preheat oven to 350°F. Spray a 2-quart casserole dish and lid with non-stick vegetable spray.
2. Brown ground beef and chopped onion in large skillet. When almost browned, add garlic and continue cooking until meat is completely browned. Drain.
3. To meat mixture in skillet add salt, tomato sauce, cinnamon, ground cloves, thyme and basil. Bring to a simmer and cook 10 minutes.
4. Spread half the cabbage in prepared casserole. Top with half the meat mixture. Repeat layers. Cover casserole with lid and bake in preheated 350°F oven 45 minutes.

Serves 6.

<b>Nutrition Facts</b>		
Servings per recipe: 6		
<b>Calories 196</b>	Calories from fat 81	
	% Daily Value	
<b>Total Fat</b> 9g		15%
Saturated Fat 4g		18%
<b>Cholesterol</b> 48mg		16%
<b>Sodium</b> 249mg		10%
<b>Carbohydrate</b> 11g		4%
Dietary Fiber 3g		11%
<b>Protein</b> 17g		33%
Vitamin A: 16%	Vitamin C: 44%	Folacin: 9%
Calcium: 5%	Iron: 14%	Potassium: 17%

Modified from original source: [www.justvegetablerecipes.com](http://www.justvegetablerecipes.com) accessed 1/16/09  
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