

Cabbage Roll Casserole

Makes 8 Servings
Source: www.hhs.k-state.edu

- 1/2-pound (85% lean) ground beef
- 1 large onion, chopped
- 1 garlic clove, minced
- 1-1/2 cups water
- 1 (15-ounce) can low sodium diced tomatoes
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 small to medium cabbage head, chopped
- 1/4 cup instant brown rice



1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Brown ground beef in a large pot with onion and garlic.
3. Add the water, tomatoes, tomato sauce and cabbage to the pot and cook over medium heat until the cabbage is almost tender.
4. Add the instant rice and cook five minutes longer.
5. Season to taste and serve.

Nutrition Facts

8 servings per container	
Serving size	1/8 of Recipe
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 486mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Cran-Apple Crisp - 8 servings

- 4 medium apples, washed, cored and thinly sliced
- 1 (14-ounce) can whole berry cranberry sauce
- 2/3 tablespoon soft margarine, melted
- 1 cup oatmeal, uncooked
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Preheat oven to 400°F.
3. In a bowl, combine the cranberry sauce and apples.
4. Pour into an 8x8-inch pan.
5. Combine the melted margarine with oatmeal, brown sugar, and cinnamon until well blended.
6. Sprinkle over the apple/cranberry mixture.
7. Cover and bake for 15 minutes.
8. Uncover and bake 10 more minutes until the topping is crisp and brown.
9. Serve warm or cold.

Nutrition Facts

8 servings per container	
Serving size	1 piece, 2 X 4 inches
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 34g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 145mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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