

Cabbage Roll Casserole

2 Cups Cooked Rice	2 Tbsp Worcestershire Sauce
6 Cups Cabbage, coarsely chopped	2 10oz cans Tomato Soup
2 Med Onions chopped	1 Cup Water
2 Lbs Ground Beef	2 Cups Cheddar Cheese, grated
½ Tsp Pepper	1 Foil Lasagna Pan
½ Tsp Garlic Salt	



- Cook rice as per package instructions.
- Pre-heat oven to 350 degrees.
- Partially cook cabbage in water, or by steaming, until just tender; set aside.
- Sauté onions until soft in a deep pot.
- Add ground beef and brown; drain fat.
- Stir in pepper, garlic salt and Worcestershire sauce.
- Add soup, water and rice. Mix well.
- Layer ½ cooked cabbage in foil lasagna dish.
- Add ½ meat mixture.
- Repeat and top with grated cheese.
- Cover and bake for 40 minutes.
- Remove from oven and stand to cool.
- When cool, cover with foil; refrigerate or freeze.
- Use a marker to label the meal “For Hope Cottage” and add date and your name
- Bring to BUC kitchen before **11am Tuesday** and put in Hope Cottage freezer.

Some hints...

- *Cook rice first*
- *To save clean-up, cook cabbage and use same pot to sauté onions and brown the meat*
- *6 cups of cabbage is approximately one small cabbage*
- *2 cups of grated cheese is about ⅔ of a 340g bag of pre-shredded cheese*
- *Can use HP Sauce instead of Worcestershire Sauce*
- *Can use minced fresh garlic instead of garlic salt*
- *Use a deep lasagna pan (helps avoid spillage!)*
- *Wrap foil-covered lasagna pan in plastic wrap to reduce freezer burn*
- *Double the recipe and make some for yourself!*



Hope Cottage and Bedford United Thank You!

For more information, please contact Krista Hunt at hopecottage@bedfordunited.com.