

Cabbage

- **Stir Fry** cabbage with olive oil, until tender flavor with soy sauce, chili sauce
- **Easy coleslaw**- fresh cabbage shredded- top with ranch dressing 1 Tbsp. Sugar, add other vegies, diced peppers, celery.
- **Cabbage rolls**- Mix cooked ground beef and cooked rice seasoned with garlic, salt pepper. Roll meat mixture into pre steamed cabbage leaves. (Cabbage can be steamed in water for 2-3 minutes and drained). Top rolled cabbages with can diced tomatoes, tomato sauce and seasonings. (Optional seasonings salt, pepper, brown sugar, Worcestershire sauce Bake- covered 350 for an hour.
- **Soups**- Add cabbage to pots of vegetable soups, or beef stew to stretch those dollars spent on expensive meats.
- **Casserole** Hamburger (Runza type) casserole (see recipe on back)
- **Corned beef, or Beef and cabbage.** 3lbs of corned beef, brisket, or roast. 10 small red potatoes/or 4 white, 5 carrots peeled and cut, 1 large head cabbage. Put all ingredients in crockpot (except cabbage) cook 8 hours. Hour before serving, add chopped cabbage and cook final hour.



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Hamburger Casserole

1.

Ingredients

- 2 lbs. hamburger
- 2 finely chopped onions
- 4 cups shredded cabbage
- salt and pepper
- 1 (10 3/4 ounce) cans cream of mushroom soup
- 2 (8 ounce) packages refrigerated crescent dinner rolls
- 1 lb. shredded mozzarella cheese

Directions

1. Preheat oven to 350.
2. Brown the hamburger and onion in a skillet. Then drain.
3. Put cabbage on top and cover to steam for a few minutes.
4. Add the salt and pepper. To taste.
5. Add soup.
6. Mix well.
7. Separate into pieces and spread 1 tube of the crescent rolls over the bottom of a 9x13x2" pan.
8. Spread the hamburger/cabbage mixture on top of the crescent dough.
9. Sprinkle the cheese on top of the meat mixture.
10. Separate the 2nd tube of crescents, put the dough pieces on top of the cheese.
11. Bake for 35 - 40 minutes, covering with foil the last 10 minutes to soften the crust.