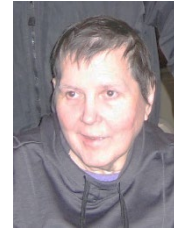


LAZY DAY STUFFED CABBAGE RECIPE

By Kathleen S.

2# Ground Beef
1 Pkg. Onion Soup Mix
2# Head Cabbage
2 cans Tomato Soup
2 cups Water
1 8oz Can Tomato Sauce
1 cup Uncle Ben's Rice



Brown Beef and Onion Soup Mix. Drain.

Chop Cabbage into small pieces.

Place Cabbage in Large Bowl or Casserole. Add Tomato Soup, Water, Tomato Sauce and Rice.

Add Meat and Soup Mix. Mix Well.

Bake 350 Degrees for 1 1/2 hrs.

Low Carb. and High Fiber

Reprinted from the Feb. 2018 ReFocus