

Spicy Cabbage Casserole

UTENSILS:

Large Mixing Bowl, Large Skillet

INGREDIENTS:

- 1 lb. Ground Beef, uncooked
- 1 Cup Rice, uncooked
- 1 Green Bell Pepper, chopped
- ¼ Cup Extra Virgin Olive Oil
- 3 TBSP Chili Powder
- 1, 8 oz Can Tomato Sauce
- 1 Can Rotel Tomatoes
- 1 large head Cabbage, shredded (#4)
- 1 Onion Chopped
- 1 Egg
- Darn Good to taste
- Non-Stick Cooking Spray

Directions:

Mix all ingredients together. Spray the Large Skillet with Non-Stick Cooking Spray, and place mixture in the skillet. Cook on Medium heat, whistle **closed**, for 12-15 minutes. Reduce heat to low and continue to cook 12-15 minutes longer, or until Rice is fully cooked.

NOTES:

