



CONVIVIVUM  
URBAN FARMSTEAD

## THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

*The recipe is provided below if you would like to recreate the meal.*

**Reheating Instructions:** If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

**DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

## Beef and Cabbage Casserole

### INGREDIENTS

2 cups rice, uncooked  
1 lb. ground beef, cooked  
1 cup diced onion  
4 cups chopped green cabbage  
14.5 oz. can diced tomatoes with juice  
15 oz. tomato sauce  
2 cups water  
2 cups shredded mozzarella cheese  
1 tsp. garlic powder  
1 tsp. paprika  
1 tsp. salt  
½ tsp. pepper  
¼ tsp. cayenne pepper (optional)

### INSTRUCTIONS

1. Spray or butter a 9x13 casserole pan. Preheat the oven to 375 degrees F.
2. Mix the dry rice, ground beef, onion, cabbage, diced tomatoes, tomato sauce, and water in the casserole pan.
3. Sprinkle the seasonings on top. Stir.
4. Top with the mozzarella cheese. Cover.
5. Bake, covered, at 375 for about 40 minutes or until rice is tender. Let sit 5 minutes. Enjoy!

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[info@convivium-dbq.com](mailto:info@convivium-dbq.com)

563.557.2900

2811 Jackson St. Dubuque, IA 52001

