



One-Dish Beefy Rice Casserole

6 cups shredded cabbage OR 1 14 - oz. packaged coleslaw mix
1 cup brown rice, uncooked
1 lb. extra-lean, ground sirloin
1 10 - oz. canned, diced tomatoes and green chilies
1 14 - oz. canned, low-sodium beef broth
1 15 - oz. canned black-eyed peas, rinsed, drained
salt and pepper, to taste

Preheat oven to 350°F.

In a large oven-proof pot, layer the cabbage, rice, meat, cabbage, tomatoes and green chilies, and beef broth.

Cook, covered with foil or lid, 1 hour 40 minutes, stirring after 40 minutes, and continue cooking, covered, until rice is tender and liquid absorbed. Stir in the black-eyed peas and season to taste.

Nutritional Analysis

Calories	229
Fat	3.8g
Saturated Fat	1.4g
Trans Fat	0.2g
Polyunsaturated Fat	0.6g
Monounsaturated Fat	1.5g
Cholesterol	31mg
Sodium	334mg
Carbohydrates	30g
Dietary Fiber	4g
Sugars	2g
Protein	18g

Dietary Exchanges: 1 1/2 starch, 1 vegetable, 2 lean meat