



**ENDING  
HUNGER**  
ALL FAITHS FOOD BANK

## One-Dish Beefy Rice Casserole

Serves 8

### Ingredients

- 6 Cups of Shredded Cabbage
- 1 1/4 oz Packaged Cole-Slaw Mix
- 1 Cup of Brown Rice (uncooked)
- 1 Pound of Lean Ground Beef
- 1 10 oz. can of diced tomatoes with green chilies
- 1 1 oz. low sodium beef broth or bouillon powder
- 1 1 oz. canned black-eyed peas (rinsed and drained)

### Instructions

1. Preheat oven to 350°F
2. In a large oven-proof pot, layer the cabbage, rice, meat, tomatoes and green chilies, and beef broth
3. 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.
4. Stir in the black-eyed peas and season to taste.  
**Tip:** Any canned beans may be used in this recipe from pinto beans to your favorite choice.  
**Tip:** Look for bags of coleslaw in the grocery to use for shredded cabbage.



**ENDING  
HUNGER**  
ALL FAITHS FOOD BANK

## One-Dish Beefy Rice Casserole

Serves 8

### Ingredients

- 6 Cups of Shredded Cabbage
- 1 1/4 oz Packaged Cole-Slaw Mix
- 1 Cup of Brown Rice (uncooked)
- 1 Pound of Lean Ground Beef
- 1 10 oz. can of diced tomatoes with green chilies
- 1 1 oz. low sodium beef broth or bouillon powder
- 1 1 oz. canned black-eyed peas (rinsed and drained)

### Instructions

1. Preheat oven to 350°F
2. In a large oven-proof pot, layer the cabbage, rice, meat, tomatoes and green chilies, and beef broth
3. 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.
4. Stir in the black-eyed peas and season to taste.  
**Tip:** Any canned beans may be used in this recipe from pinto beans to your favorite choice.  
**Tip:** Look for bags of coleslaw in the grocery to use for shredded cabbage.