



Beef and cabbage bake is hearty fare for hearty autumn appetites.

Hot and bubbly casserole for fall

The nip of fall in the air brings with it increased activity and increased appetites.

A hearty casserole has long been a favorite of cooks interested in saving time and money. A Beef and Cabbage Bake can be the answer to busy autumn schedules and a hungry family.

The casserole can be assembled at the cook's convenience — early in the day, even the night before — and refrigerated. Then, as dinner hour nears, the casserole can be slipped into the oven and baked until hot and bubbly.

Since casseroles such as Beef and Cabbage can be made satisfactorily with 70 percent lean ground beef, there is no reason to buy leaner. As a general rule, the lower the percentage of lean, the lower the price per pound.

Locally grown cabbages are in good supply and prices are the lowest of the year.

- BEEF AND CABBAGE BAKE**
- 1 lb. ground beef
 - 6 cups thinly sliced cabbage
 - 1 medium onion, chopped
 - 1 clove garlic, minced
 - 2 tbsp. flour

- 1 tsp. salt
- ½ tsp. pepper
- 1 can (10 oz.) tomatoes
- 1 can (10½ oz.) condensed Cheddar cheese soup
- ½ cup cooked rice
- ½ tsp. dill weed
- 2 tbsp. fresh bread crumbs if desired

Cook cabbage in boiling salted water 10 minutes, or until tender crisp. Drain thoroughly. Brown beef, onion and garlic in large frying pan. Pour off drippings. Sprinkle flour, salt and pepper over meat, stirring to combine.

Break up tomatoes; drain juice into pan with meat. Stir in ½ cup cheese soup and cook slowly five minutes. Place half the cabbage in an 11x7-inch baking dish. Combine tomatoes, remaining soup, rice and dill weed; pour over cabbage. Place the remaining cabbage over rice mixture. Spread ground beef evenly over cabbage. Cover tightly with foil and bake in a moderate, 350-degree oven, 25 minutes. Remove foil. Sprinkle ground beef with bread crumbs, if desired, and continue cooking two to three minutes. Makes four to five servings.

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