

## Solianka Casserole

*This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy. It is also a good source of iron, which carries oxygen in our blood.*

### Ingredients:

- 1 pound **lean ground beef**
- 1 medium **onion**
- 1 15 ounce can of **tomato soup**
- 1 15 ounce can of **diced tomatoes**
- 1/4 cup **water**
- 1 16 ounce jar of **sauerkraut**, drained
- 1 small head of **cabbage**
- 2 cups cooked **rice**
- 1 teaspoon **paprika**
- 1 teaspoon **caraway seeds** (optional)
- 1/2 teaspoon **pepper**

### Directions:

1. Brown beef and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat and set meat mixture aside.
2. Replace skillet over heat. Add tomato soup, diced tomatoes, and water to cover bottom of skillet.
3. Spread sauerkraut over soup and tomatoes.
4. Chop cabbage and spread over sauerkraut.
5. Mix rice with meat; add seasonings and spread over cabbage.
6. Bring to a boil, reduce heat to low, cover and simmer until cabbage is cooked, 10-20 minutes.
7. Refrigerate leftovers within 2–3 hours.

### Tip:

Top with fat-free sour cream or serve with a glass of milk for a nutritionally balanced meal.

### Nutrition Facts

Serving Size 1 cup (238g)  
Servings Per Container 12

Amount Per Serving

**Calories 210**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 570mg**      **24%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 4g

**Protein 13g**

Vitamin A 6%      •      Vitamin C 60%

Calcium 8%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: 2007. Shara Anslow, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.

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