



Cabbage Roll Casserole



Recipe Rating	
Total Time	140 Minutes
Cooking Time	110 Minutes
Total Labour	30 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Whisk/Spatula
Spoon/Scoop
Food Processor/Blender
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (226g) / par 1 serv (226g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 7g	11%
Saturated / satures 2.5g	
+ Trans / trans 0g	14%
Cholesterol / Cholesterol 35mg	
Sodium / Sodium 120mg	5%
Carbohydrate / Glucides 11g	4%
Fibre / Fibres 2g	6%
Sugars / Sucres 2g	
Protein / Proteines 14g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	40%
Calcium / Calcium	4%
Iron / Fer	10%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Green Cabbage, Fresh, Shredded	1.5 Kg	3.3 Lbs	3 Kg	6.6 Lbs
Onions, Fresh, Diced	30 gm	1.1 oz	60 gm	2.2 oz
Tomatoes, Fresh, Diced (or canned)	375 mL	12.7 fl oz	750 mL	25.4 fl oz
Garlic Powder	27 gm	1 oz	54 gm	2 oz
Tex Mex Rub (Recipe)	10 mL	2 Tbsp	20 mL	2/3 fl oz
Beef, Ground	1.625 Kg	3t.6 Lbs	3.25 Kg	7.2 Lbs
Salt	3.7 mL	2/3 tsp	7.4 mL	1 1/3 tsp
Basmati Rice	700 gm	1.5 Lbs	1.4 Kg	3Lbs
Water	2.2 L	2.3 quarts	4.4 L	4.6 quarts

Method



1. Wash green cabbage and tomatoes. Peel onions. Shred green cabbage into strips. Dice tomatoes and onions.

Place basmati rice and 1.8 L water into a ½ size- 2" deep production pan that has been prepared with nonstick spray. Cover with plastic wrap and aluminum foil. Place rice into

Multigen for 50 minutes and cook until done.

Place beef into a separate ½ size- 2" deep production pan that has been prepared with nonstick spray. Bake in a conventional oven.



2. Once rice and beef are cooked, add all ingredients into a large mixing bowl and transfer to ½ size- 2" deep production pans that have been prepared with nonstick spray. Cover with plastic wrap and aluminum foil.

Place into a Multigen and cook for 60 minutes.



3. **Bulk:** remove from Multigen and serve alone or with a side dish.

Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.



Garnish: **n/a**

Food Accompany: **Hot vegetables or side salad**

