

Cabbage Roll Casserole

Ingredients:

<i>For 1 person (8 servings), 1 casserole dish</i>	<i>For 2 people (16 servings), 2 casserole dishes</i>	<i>For 3 people (24 servings), 3 casserole dishes</i>
<ul style="list-style-type: none">• 12oz ground beef• 2 medium onions, chopped• 2 cloves garlic, minced• 1/2 tsp salt• 1 tsp pepper• 1 tsp mustard powder• 1 can (14 oz) tomato sauce• 2 cups beef broth• 1/2 cup uncooked rice• 1 small cabbage, coarsely grated or chopped	<ul style="list-style-type: none">• 24oz ground beef• 4 medium onions, chopped• 4 cloves garlic, minced• 1 tsp salt• 2 tsp pepper• 2 tsp mustard powder• 2 cans (14 oz) tomato sauce• 4 cups beef broth• 1 cup uncooked rice• 2 small cabbages, coarsely grated or chopped	<ul style="list-style-type: none">• 36oz ground beef• 6 medium onions, chopped• 6 cloves garlic, minced• 1 1/2 tsp salt• 3 tsp pepper• 3 tsp mustard powder• 3 cans (14 oz) tomato sauce• 6 cups beef broth• 1 1/2 cup uncooked rice• 3 small cabbages, coarsely grated or chopped

Directions:

- 1) In a large frying pan or pot over medium heat, cook the beef with the onion and garlic. Cook for 5-10 minutes until the beef is brown. Pour off any fat.
- 2) Add salt, pepper, mustard powder, tomato sauce and beef broth.
- 3) Mix well and bring to a boil.
- 4) Add rice, cover and simmer for 20 minutes.
- 5) Rub some olive oil into the casserole dish.
- 6) Place one half of the grated or chopped cabbage on the bottom of the casserole dish.
- 7) Cover with half of the ground beef & rice mixture.
- 8) Cover with the remaining cabbage, then pour in the rest of the ground beef mixture.

At home:

Heat oven to 350F. Cover the casserole with foil and bake for 1 hour and 15 minutes.

Serve with a spoonful of sour cream or plain yogurt.

Adapted from: "You Can Cook," Nanaimo Community Kitchen's cookbook

Greek Pasta Salad

Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<ul style="list-style-type: none"> • 1 cup cooked penne pasta • 1 tomato, chopped • 1/2 red onion, chopped • 1/2 green pepper, chopped • 1/2 red or yellow pepper, chopped • 1/2 cucumber • 1/4 cup chopped black olives • 1/4 cup crumbled feta cheese <p>Dressing:</p> <ul style="list-style-type: none"> • 1/8 cup red wine vinegar • 1 tbsp lemon juice • 1 clove garlic, minced • 2 tsp dried oregano • 1/4 cup extra virgin olive oil • salt & pepper to taste 	<ul style="list-style-type: none"> • 2 cups cooked penne pasta • 2 tomatoes, chopped • 1 red onion, chopped • 1 green pepper, chopped • 1 red or yellow pepper, chopped • 1 cucumber • 1/2 cup chopped black olives • 1/2 cup crumbled feta cheese <p>Dressing:</p> <ul style="list-style-type: none"> • 1/4 cup red wine vinegar • 2 tbsp lemon juice • 2 cloves garlic, minced • 4 tsp dried oregano • 1/2 cup extra virgin olive oil • salt & pepper to taste 	<ul style="list-style-type: none"> • 3 cups cooked penne pasta • 3 tomatoes, chopped • 2 red onion, chopped • 2 green pepper, chopped • 2 red or yellow pepper, chopped • 1 1/2 cucumber • 3/4 cup chopped black olives • 3/4 cup crumbled feta cheese <p>Dressing:</p> <ul style="list-style-type: none"> • 1/2 cup red wine vinegar • 3 tbsp lemon juice • 3 cloves garlic, minced • 6 tsp dried oregano • 3/4 cup extra virgin olive oil • salt & pepper to taste

Directions:

- 1) Dice tomato, red onion, green pepper, red/yellow pepper and cucumber.
- 2) Combine vegetables in a large bowl with cooked pasta, chopped black olives and crumbled feta cheese.
- 3) In a small bowl, whisk together the red wine vinegar, lemon juice, garlic, oregano, olive oil and some salt & pepper.
- 4) Pour dressing over the salad and mix well. Serve chilled.

Adapted from Cowichan Community Kitchens "Bon Appetit!"

<http://cowichancommunitykitchens.org/our-recipes/>