

German Cabbage Casserole

Unit: 4 Qt & Steamer Insert

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| 1-2 lbs Ground beef | 2 - Potatoes (cut on #3 blade) |
| 1 - Onion (cut on #2 blade) | 1/4 - head of Green cabbage (cut on #4) |
| 3 - Carrots (cut on #2 blade) | 4oz - Cheddar Cheese (cut on #1 blade) |
| 2 - 12oz Pacific brand organic cream of mushroom (condensed soup) | |

Add 2 inches of water in the 4qt and place the steamer insert into the top of it. Degrease the hamburger on medium-high heat in the covered steamer until done. (approx. 10-15 minutes) Add salt and spices to taste after it is cooked. Next pour the water from the 4qt. and place the hamburger into the 4qt unit.

Layer the cut onion and cut potatoes. Sprinkle some more spice and then add the cut carrots and cut cabbage. Cover with cream of mushroom soup, some more spice and top it with the shredded cheese. Cover and turn on medium heat with the whistle valve open. When whistle activates, reduce to low heat for 20-30 minutes.



HEALTH QUEST