



One Pot New Year's Day Meal

Cabbage and black-eyed peas with meat and rice make this an ideal one-pot family meal for that lazy no-desire-to-cook day. And, it's really good!

Makes 8 (1-cup) servings

6 cups shredded cabbage
1 cup rice
1 pound ground sirloin
1 (10-ounce) diced tomatoes and green chilies
1 (14 1/2-ounce) can beef broth
1 (15-ounce) can black-eyed peas, rinsed and drained
Salt and pepper to taste

1. Preheat oven 350°F.
2. In large oven-proof pot, layer cabbage, rice, meat, tomatoes and green chilies, and beef broth.
3. Cook, covered, 1 hour 15 minutes, stirring after 40 minutes, until rice is tender and liquid absorbed. Stir in black-eyed peas and season to taste.

Nutritional information per serving:

Calories 212 Calories from fat 12% Fat 3g Saturated Fat 1g Cholesterol 31mg Sodium 446mg Carbohydrate 30g Dietary Fiber 3g Sugars 2g Protein 17g Dietary Exchanges: 1 1/2 starch, 1 vegetable, 2 very lean meat