

Cabbage and Wild Rice Casserole

Ingredients:

1 Wellness Forum Health's **Meatloaf mix** prepared according to package instructions

1 1/2 cups cooked wild rice blend

black pepper to taste

1 package Large tomato soup mix prepared according to package instructions

1 small head cabbage, shredded

Directions:

- Divide the prepared meatloaf in two and set aside half for other uses. Place the second half in a large bowl and coarsely chop. Add the rice and place in the bottom of a 9 x 13 inch pan.
- Spread the shredded cabbage over the meatloaf mixture and pour the tomato soup over the entire mixture.
- Bake approximately 45 minutes at 350.