

## Tomato Cabbage Hamburger Casserole

Serves 6

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

1 1/2 cups cooked brown rice

black pepper to taste

1 Wellness Forum Health Large Tomato Soup mix prepared according to package instructions

1 small head cabbage, shredded

### Directions:

- Divide the prepared meatloaf in two and set aside Save 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.