



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Stuffed Cabbage ala Crock Pot

Ingredients:

- 1 small head of cabbage, chopped
- 1 pound lean ground beef
- 1/2 cup onion, chopped
- 1/3 cup uncooked brown rice
- 1 (10 3/4 -ounce) can of tomato soup
- 1 soup can of water
- vegetable oil spray

Makes 8 servings - 30% calories from fat

Instructions:

1. Chop cabbage, put in bottom of crock pot.
2. On the stove in a skillet prepared with vegetable oil spray, brown meat and onion; drain if necessary.
3. Stir uncooked rice into meat and onion mixture. Pour over cabbage.
4. Pour tomato soup and can of water on top. DO NOT STIR.
5. Cook on high for 5-6 hours or on low for 8-10 hours.
6. Add more water if needed.

Variations:

- Oven directions: using a covered casserole dish prepared with vegetable oil spray, follow the above directions, cover and bake a 350° F for 1 hour.
- Ground turkey may be substituted for the ground beef.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 14g	
Vitamin A 4%	• Vitamin C 60%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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