

5 EZ STUFFED CASSEROLES

EZ STUFFED CABBAGE	
1	In a large stainless skillet over medium heat, brown and crumble the hamburger, about 10 minutes, drain and set it aside in a large mixing bowl.
2	In the skillet, add in the Onions and Cabbage and saute them until the Onions are transparent and the Cabbage is soft, about 8 minutes. Add in the Garlic and cook until fragrant, about 3 minutes.
3	Stir the Onion mixture, 2 cups of Cheese and uncooked Rice into the Hamburger.
4	In a medium mixing bowl, stir the Beef Stock, Worcestershire Sauce, Steak Seasoning, Paprika, Salt & Pepper together and heat for 2 minutes on high in the microwave. Stir in the Beef Base until completely dissolved. Stir in the Tomatoes. Stir the mixture into the Hamburger.
5	Preheat the Oven to 375 degrees F with a rack in the middle.
6	Spray the baking dish with non-stick cooking spray.
7	Spread the mixture evenly into the baking dish,
8	Sprinkle the top with the remaining 3/4 cup of Cheese.
9	Bake covered with foil for 20 minutes, uncover and bake for an additional 10 minutes or until the Cheese on top has melted and is starting to brown.
10	Remove from the oven and allow the dish to set uncovered for 5 minutes.
SERVE	Serve while hot. This thawed dish reheats in a microwave after freezing VERY well.

EZ STUFFED TACO CASSEROLE	
1	In a large stainless skillet over medium heat, brown and crumble the hamburger, about 10 minutes, drain off the fat and stir in the Taco Seasoning stir in the Water and simmer, stirring often until most of the Water has boiled off. Set it aside in a large mixing bowl.
2	In the skillet, add in the Onions and saute them until the Onions are transparent, about 5 minutes. Add in the Garlic and cook until fragrant, about 3 minutes.
3	Stir the Onion mixture, 2 cups of Cheese and uncooked Rice into the Hamburger.
4	In a medium mixing bowl, stir the Beef Stock, Worcestershire Sauce, Steak Seasoning, Paprika, Salt & Pepper together and heat for 2 minutes on high in the microwave. Stir in the Beef Base until completely dissolved. Stir in the Tomatoes. Stir the mixture into the Hamburger.
5	Preheat the Oven to 375 degrees F with a rack in the middle.
6	Spray the baking dish with non-stick cooking spray.
7	Spread the mixture evenly into the baking dish,
8	Sprinkle the top with the remaining 3/4 cup of Cheese.
9	Bake covered with foil for 20 minutes, uncover and bake for an additional 10 minutes or until the Cheese on top has melted and is starting to brown.
10	Remove from the oven and allow the dish to set uncovered for 5 minutes.
11	Sprinkle the top with Taco Shells last to keep them crunchy.
12	Just before serving, you can optionally sprinkle the top with raw chopped Onions, Shredded Lettuce, Salsa or any other Taco toppings your family likes..
SERVE	Serve while hot. This thawed dish reheats in a microwave after freezing VERY well.