Beef and Cabbage Casserole

Ingredients:
1 medium head cabbage, shredded (about 8 cups)
2 onions, chopped
1 garlic clove, minced
1 lb. lean ground beef
2 cans (10 3/4 oz.) cans reduced sodium condensed tomato soup
2 cups instant brown rice, uncooked
2 soup cans water

Directions:
1. Heat oven to 350°F.
2. In a large skillet that has been sprayed with non-stick cooking spray, stir fry cabbage and onions until tender. Remove from skillet to a large bowl.
4. Spray casserole dish with non-stick cooking spray. Layer 1/3 of cabbage mixture, 1/2 of meat mixture in the casserole dish. Repeat. Top with remaining cabbage mixture. Cover tightly with foil.
5. Bake 45 minutes to 1 hour or until rice mixture absorbs most of the water.