

# Allergy-Friendly Runza Casserole

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- Prep time: 15 minutes
- Cook time: 28-35 minutes
- Total time: 45-50 minutes

**No nuts | No eggs | No soy | No fish | No sesame**



## Ingredients:

- 1 (8-ounce) tube refrigerated crescent rolls – do not separate!
- $\frac{3}{4}$  pound ground beef
- $2\frac{1}{2}$  cups cabbage, finely chopped
- 1 small onion, diced
- Salt & pepper, to taste
- $\frac{1}{4}$  cup cheddar cheese, shredded
- $\frac{1}{4}$  cup mozzarella cheese, shredded

**Contains milk (cheese) and wheat (crescent rolls).**

**Crescent rolls may contain other allergens – check label.**

Allergy-friendly Substitutions:

- **No wheat:** substitute wheat-free/gluten-free crescent roll mix
- **No milk:** replace cheeses with  $\frac{1}{2}$  cup beef or veggie broth + 2 Tablespoons nutritional yeast

## Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Preheat oven to 350°F. Spray an 8x8-inch baking dish with nonstick cooking spray.
3. In a large skillet over medium-high heat, brown the ground beef while breaking into small pieces. Drain the excess grease. Remember to wash hands with soap and water after touching raw meat.
4. Add cabbage and onion and cook for another 3-5 minutes, or until cabbage is slightly wilted. Remove from heat; stir in salt and pepper.
5. Unroll the can of refrigerated crescent rolls. Carefully separate one square and place in the bottom of the prepared baking dish. Spread the beef and cabbage mixture over the dough. Sprinkle cheese over the beef and top with the remaining square of crescent roll dough.
6. Bake at 350°F for 28-35 minutes, or until crescent rolls are golden brown. Let sit for 10 minutes before serving.