Green Beans with Bread Crumbs

1. Pound of Green Beans washed and trimmed

   ¼ cup water

   ¼ cup Italian-style seasoned bread crumbs

   ¼ cup olive oil

   ¼ teaspoon garlic powder

   ¼ teaspoon dried oregano

   ¼ teaspoon dried basil

   ¼ cup grated parmesan cheese

   salt + pepper to taste

1. Combine green beans and ¼ cup water in a medium pot. Cover, and bring to boil.

   Reduce heat to medium, and let beans cook for 10 minutes, or until tender. Drain well.

2. Place beans in a medium serving bowl, and mix in olive oil, salt, pepper, garlic powder, oregano, and basil. Toss mixture until the beans are coated. Sprinkle with Parmesan cheese, and serve.
Cabbage rolls.

1 head of cabbage
2 pounds of hamburger
½ Box of uncle Ben's plain or wild rice
1 med onion - chopped up small.

Boil one head of cabbage till leaves
soft and separating from each other.
Mix hamburger, onions, and rice together, then
take small amount of hamburger and roll it
up in cabbage and layer bottom of pan and then
start to stack on each other. When done add:
1 lg can of Tomato juice on top.
Preheat oven to 350 °degrees, put pan
oven for 1 hour. Salt and pepper to taste.