

Cabbage Rolls



Servings: 6

18 Large Cabbage Leaves (16 to 18)

1 1/2 Pounds Ground Beef

3/4 Cup White Rice, uncooked

3/4 Large Onion, chopped

1 Clove Garlic, minced

1/2 Teaspoon Salt and Pepper (or to taste)

1/4 Can Tomato Soup (or 1/2 can Tomato sauce)

Garlic Powder, to taste

Onion Powder, to taste

1 Teaspoon Parsley, crushed

2 Tablespoon Worcestershire

1 Large Egg, lightly beaten

Fill a large stockpot with water, bring to a boil. Take a paring knife, remove the core from the cabbage.

Add the cabbage into the pot facing the core down.

Turn the heat to medium-low. Boil for 8 to 10 min. Slowly pull off leaves and place them to drain.

While cabbage is boiling mix the rest of the ingredients together.

Gently remove the cabbage leaf and put the meat mixture in the leaf and roll them up.

Once rolled, put the seam side down

- Stove Top Method:

In a big stock pot, place tomato sauce in the bottom of pot.

Place cabbage rolls seam side down.

Pour V-8 or tomato juice on top, cover.

Cook on top of stove on med-low for 1 hr or until meat is done

- Oven Method :

Preheat oven to 350° F.

Coat a 9"x13" pan with cooking spray.

Place 1/2 of the tomato sauce in the bottom of the baking dish.

Place the cabbage rolls, seam side down.

Top with remaining sauce. Cover with foil.

Bake for 90 minutes or until cabbage is tender and meat is cooked.

Per Serving (excluding unknown items): 476 Calories; 31g Fat (59.9% calories from fat); 23g Protein; 24g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 250mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 4 1/2 Fat.