

Stuffed Cabbage Rolls

Chris Edwards

Country: Poland

Servings: 12

Ingredients:

1 Whole head cabbage
Boiling, salted water
1 Onion , chopped
2 T Oil
1 Egg, beaten
1 tsp Minced garlic
2 lbs Lean ground beef or 1 1/2 pounds ground beef and 1/2 pound ground
pork
1 1/2 C Cooked rice
1 tsp Salt
1/4 tsp Pepper
1 tsp Herb seasoning {optional)
24 oz Tomato pasta sauce

Directions:

Remove core from cabbage. Place whole head in a large pot filled with boiling water. Cover, cook for 3 minutes, or until softened enough to pull off individual leaves. Repeat, removing all large leaves. Cut thick center stem from each leaf.

Saute onion in oil. Add to meat, rice and seasonings. Place 3 heaping Tablespoons of mixture on each cabbage leaf. Tuck sides over filling, while rolling leaf around filling.

Lay extra leaves of cabbage on the bottom of a large Dutch oven. Fill with cabbage rolls. Cover with remaining leaves.

Bake 1 1/2 hours at 350 degrees.

Serve cabbage rolls with heated tomato sauce.