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# Classic Cabbage Rolls (Slow Cooker)

*Sandy Stanley*

*Nettles Island Cooking in Paradise - 2014*

Servings: 6

**6 cups water**

**12 large cabbage leaves**

**1 pound ground lamb**

**1/2 cup cooked rice**

**1 teaspoon salt**

**1/4 teaspoon dried oregano leaves**

**1/4 teaspoon ground nutmeg**

**1/4 teaspoon black pepper**

**1 1/2 cups tomato sauce**

In a large pot, bring the water to a boil. Turn off the heat. Soak the cabbage leaves in the water for 5 minutes. Remove. Drain and cool.

In a large bowl, combine the lamb, rice, salt, oregano and pepper.

Place two tablespoons of the lamb mixture in the center of each cabbage leaf. Roll firmly.

Place the cabbage rolls in the slow cooker, seam side down. Pour the tomato sauce over the cabbage rolls.

Cover and cook on LOW for 8 to 10 hours.

## **Beef, Slow Cooker**

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*Per Serving (excluding unknown items): 264 Calories; 18g Fat (61.2% calories from fat); 14g Protein; 11g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 786mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat.*