

Beef Doves of Cabbage Rolls

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Servings: 4

*1/2 pound ground beef
1/2 teaspoon salt
1/4 teaspoon pepper
1 can condensed tomato
soup
1/2 cup cooked rice
dash cayenne
cabbage leaves*

In a bowl, mix the beef, rice, salt, pepper and cayenne. Moisten with one tablespoon of the soup.

In a pot, cook the cabbage leaves in boiling water to cover for 2 minutes.

On each cabbage leaf, place two tablespoons of the beef mixture. Fold the leaf to enclose the filling and fasten with toothpicks. Place the rolls in a greased casserole dish. Pour the remaining soup and equal amounts of water over the meat.

Cover tightly and simmer for 1-1/2 hours.

You may vary the dish by using sausage meat, veal, pork, or leftover cooked meats and cooked rice or bread crumbs. Saute' in hot bacon fat or butter before cooking in sauce. Vary the seasoning by adding minced onion, celery, pickle or poultry seasoning.

Per Serving (excluding unknown items): 249 Calories; 16g Fat (58.2% calories from fat); 11g Protein; 15g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 653mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fat.