

Lazy Golombki II

Mae Sulzycki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 medium onion
3 tablespoons butter
1 1/2 pounds ground beef
3/4 teaspoon salt
1/8 teaspoon pepper
2/3 cup instant rice
1 head cabbage
1 to 2 cans (14-3/4 ounce
ea) tomato soup*

In a skillet, saute' the onions in butter. Add the ground beef, salt, and pepper. Brown the beef.

Prepare the instant rice according to package directions. Combine the beef and rice and mix well.

Coarsely shred the cabbage. Place half of the cabbage in the bottom of a casserole dish. Cover with approximately one-half can of tomato soup. Cover with the meat mixture. Top with the remaining cabbage. Pour one can of the tomato soup over the cabbage.

Bake, covered, at 350 degrees for about one hour until the cabbage is tender.

Per Serving (excluding unknown items): 2804 Calories; 218g Fat (70.4% calories from fat); 123g Protein; 84g Carbohydrate; 6g Dietary Fiber; 672mg Cholesterol; 3132mg Sodium. Exchanges: 4 Grain(Starch); 16 1/2 Lean Meat; 2 1/2 Vegetable; 34 1/2 Fat.