

# Lazy Golumpki

Carrie Kubosiak

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

*1 head cabbage, shredded  
1 pound ground beef (or 1/2  
ground pork & 1/2 ground  
beef)  
1 onion, chopped  
1 carrot, shredded  
2 eggs, beaten  
2 cups cooked rice  
salt (to taste)  
pepper (to taste)  
1 can (16 ounce) tomatoes  
1 teaspoon worcestershire  
sauce  
1 or 2 teaspoons lemon  
juice  
salt  
pepper*

Cook the shredded cabbage in salted water for 5 minutes. Drain and cool.

In a bowl, mix the cooked rice with the ground meat.

In a skillet, fry the onion in bacon or pork fat until golden. Add to the rice and meat mixture. Add the grated carrot, beaten eggs, salt and pepper. Mix well.

Place a layer of one-half the cabbage in a 13x9-inch casserole dish. Place the meat mixture over the cabbage and pat down well. Add the rest of the cabbage on top of the meat.

In a saucepan, mix the tomatoes with the Worcestershire sauce, lemon juice, salt and pepper. Bring to a boil. Pour over the cabbage and meat mixture. Cover with foil.

Bake in a 350 degree oven for 1-1/2 hours or until done.

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Per Serving (excluding unknown items): 814 Calories; 12g Fat (12.9% calories from fat); 28g Protein; 154g Carbohydrate; 10g Dietary Fiber; 424mg Cholesterol; 254mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 5 Vegetable; 1 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.