

Polish Lasagna

Alice Laprade

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

*1 medium head cabbage
1 pound ground beef
1 cup cooked rice
1 medium onion, chopped
1 can (15 ounce) tomato
sauce
3 tablespoons butter
salt
pepper*

In a saucepan, cook the rice until tender.

Chop the cabbage and parboil until limp.

In a bowl, mix the ground beef, rice, onion, salt and pepper. Mix well.

In a casserole dish, place a layer of cabbage and then a layer of the ground beef mixture. Repeat the layers, ending with the cabbage. Pour the tomato sauce over the top. Dot the top with the butter.

Bake in the oven at 350 degrees for 1-1/2 to 2 hours.

Per Serving (excluding unknown items): 2090 Calories; 156g Fat (67.4% calories from fat); 87g Protein; 84g Carbohydrate; 8g Dietary Fiber; 479mg Cholesterol; 2165mg Sodium. Exchanges: 3 1/2 Grain(Starch); 11 Lean Meat; 5 1/2 Vegetable; 25 Fat.