

# Savory Cabbage Rolls

*Edith McClain = Rossville, KS*

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## **Servings: 5**

*1 cup cooked rice  
1 pound ground beef  
1/2 pound ground fresh  
pork  
1/4 cup chopped onion  
1 1/2 teaspoons  
monosodium glutamate  
dash pepper  
dash salt  
2 cups (16 ounces) canned  
tomatoes, cut up  
10 cabbage leaves  
1 tablespoon cornstarch  
1 tablespoon cold water*

## **Preparation Time: 30 minutes**

### **Bake Time: 1 hour**

In a bowl, combine the rice, beef, pork, onion, monosodium glutamate, salt, pepper and 3/4 cup of tomatoes. Mix well.

Steam the cabbage leaves for 3 minutes or until just limp. Drain.

Spoon the meat mixture onto the leaves. Roll each leaf around the meat, turning the ends under. Place in a Dutch oven. Pour the remaining tomatoes over the rolls. Cover.

Simmer for 30 minutes. Transfer the Dutch oven to the oven. The rolls can be baked in a 350 degree oven for 45 to 60 minutes.

Remove the rolls to a warm platter.

In a bowl, combine the cornstarch with the cold water. Stir into the liquid in the Dutch oven. Cook and stir over medium heat until the mixture thickens.

Serve over the cabbage rolls.

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Per Serving (excluding unknown items): 359 Calories; 24g Fat (61.6% calories from fat); 17g Protein; 17g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 317mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat.