
Zelda`s Cabbage Rolls

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 1/2 pounds ground beef
1/2 cup rice
1/2 teaspoon salt
1/2 teaspoon pepper
3/4 to one teaspoon garlic powder
1 onion, diced
1 egg
1 head cabbage
SAUCE
2 cans (6 ounce ea) tomato sauce
juice of two lemons
3 rounded tablespoons flour
1/2 cup sugar

In a bowl, mix the ground beef with the rice, salt, pepper, garlic powder, onion and egg. Dunk the cabbage leaves in boiling water to them make more pliable.

Place 1/4 cup of the hamburger mixture on each leaf and wrap.

In a bowl, combine the tomato sauce, lemon juice, flour and sugar. Mix well.

There are several ways to cook the cabbage rolls, the best being using the pressure cooker.

PRESSURE COOKER METHOD: Heat the sauce in the pressure pan. Place the cabbage rolls in the sauce. Cover and seal. Heat slowly until the pressure is on 10 pounds. Cook for 10 minutes.

CROCKPOT METHOD: Pour half of the sauce in the bottom of the crockpot. Add the cabbage rolls. Pour the remaining sauce over the rolls. Cover and cook on HIGH for five to six hours.

OVEN METHOD: Place the cabbage rolls in a large greased baking dish. Spoon the sauce over the rolls and cover the dish tightly. Bake at 325 degrees for 1 to 1-1/2 hours. Check every 20 to 30 minutes to see if extra liquid is needed. Add water accordingly.

Yield: 12 cabbage rolls

Ground Beef

Per Serving (excluding unknown items): 4509 Calories; 191g Fat (38.4% calories from fat); 175g Protein; 515g Carbohydrate; 23g Dietary Fiber; 791mg Cholesterol; 4598mg Sodium. Exchanges: 24 Grain(Starch); 17 Lean Meat; 8 1/2 Vegetable; 27 1/2 Fat; 6 1/2 Other Carbohydrates.