

# Slow-Cooked Cabbage Rolls

Rosemary Jarvis - Sparta, TN  
Taste of Home Recipe Book 2015

## Servings: 6

1 large head cabbage  
1 can (8 ounce) tomato sauce  
3/4 cup quick-cooking rice  
1/2 cup green pepper, chopped  
1/2 cup (about 15) crushed saltines  
1 egg, lightly beaten  
1 ounce onion soup mix  
1 1/2 pounds lean (90%) ground beef  
1 can (46 ounce) V8 juice  
salt to taste  
grated Parmesan cheese (optional)

## Preparation Time: 20 minutes

### Slow Cooker: 6 hours

Cook the cabbage in boiling water just until the leaves fall off the head. Set aside twelve large leaves for the rolls. Drain well. (Refrigerate the remaining cabbage for another use.) Cut out the thick vein from the bottom of each reserved leaf, making a V-shaped cut.

In a large bowl, combine the tomato sauce, rice, green pepper, cracker crumbs, egg and soup mix. Crumble the beef over the mixture. Mix well.

Place about 1/3 cup of the meat mixture on each cabbage leaf. Overlap the cut ends of the leaf. Fold in the sides beginning from the cut end. Roll up completely to enclose the filling. Secure with toothpicks, if desired.

Place the cabbage rolls in a three-quart slow cooker. Pour the V8 juice over the rolls. Cover.

Cook on LOW for six to seven hours or until the filling reaches 160 degrees.

Just before serving, sprinkle with salt and cheese, if desired.

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Per Serving (excluding unknown items): 46 Calories; 1g Fat (22.6% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 685mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

