

---

# Anna Siegel's Stuffed Cabbage

*Anna Siegel - Florida*

*North American Potpourri - Autism Directory Service, Inc 1993*

**1 1/2 pounds ground beef**

**2 tablespoons raw rice**

**1 egg**

**ketchup (to taste)**

**3 ounces water**

**salt (to taste)**

**2 teaspoons sugar**

**1 can stewed tomatoes**

**4 small cans tomato sauce**

**1 head cabbage**

**1/2 cup sugar**

Freeze the cabbage. Remove to thaw on the night before preparation.

When the cabbage is wilted, gently take apart leaf by leaf. Wash the leaves.

In a pot, place the stewed tomatoes on the bottom.

In a bowl, mix the meat with the rice, egg, ketchup, water, salt and sugar. Mix well. Make the mixture into small patties.

Place each patty in an individual cabbage leaf. Roll up the leaf. After the cabbage is rolled, place the rolls in the pot over the stewed tomatoes. Cover the rolls with the tomato sauce.

Bring the pot to a boil. Add the sugar. Cook for three hours on very low heat or in a 325 degree oven.

## **Ground Beef**

---

*Per Serving (excluding unknown items): 2992 Calories; 188g Fat (55.6% calories from fat); 136g Protein; 201g Carbohydrate; 18g Dietary Fiber; 791mg Cholesterol; 6548mg Sodium. Exchanges: 17 Lean Meat; 15 1/2 Vegetable; 27 1/2 Fat; 7 1/2 Other Carbohydrates.*