

Cabbage Wrap

Edith McCloskey - Marshall Field's State Street

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 12

*1 large cabbage
3 pounds ground beef
1 tablespoon seasoned salt
1 can (10 to 12 ounce) stewed tomatoes, drained
2 medium onions, chopped
3 cups cooked rice
1 large green bell pepper, finely chopped
2 eggs
1 bottle (32 ounce) spaghetti sauce
2 cans (8 ounce) tomato paste
2 medium onions, sliced*

In a large saucepan, cook twelve cabbage leaves until tender. Pour into a strainer. Cool. Cut the remaining cabbage. set aside.

In a large bowl, combine the ground beef, seasoned salt, stewed tomatoes, chopped onions, rice, green peppers and eggs.

In a small bowl, mix the tomato sauce and tomato paste. Pour a portion of the mixture into a Dutch oven. Add the onion slices and the cabbage.

Fill a cabbage leaf with ground beef mixture and wrap the leaf around the mixture. Place in the bottom of the Dutch oven. When the bottom of the pan is full of wrapped leaves, begin another layer of leaves on top of the first layer. Add the remaining sauce.

Cover and cook on low heat for 90 minutes.

(Serving suggestion: Corn bread or corn muffin, cole slaw, salad or a cold drink.)

Ground Beef

Per Serving (excluding unknown items): 490 Calories; 32g Fat (59.5% calories from fat); 23g Protein; 26g Carbohydrate; 3g Cholesterol; 715mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.