

# Stuffed Cabbage Rolls

*Helen Lang - Hudson's Pontiac*

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

## **Yield: 4 to 6 servings**

*1 pound ground beef  
2 teaspoons salt  
1/4 teaspoon pepper  
3/4 cup cooked white rice  
1 Small onion, minced  
1 can (8 ounce) tomato  
sauce  
12 cabbage leaves*

## **SAUCES**

*1/4 cup packed brown sugar  
1/4 cup vinegar  
1 can (8 ounce) tomato  
sauce*

In a medium bowl, combine the beef, salt, pepper, rice, onion and an eight ounce can of tomato sauce. Blend well.

Place the cabbage leaves in a large bowl. Cover with boiling water. Let stand for 4 minutes. Drain well. Shape the beef mixture into twelve loaf shapes. Place one loaf in the center of each cabbage leaf. Roll up, folding the sides in. Place, seam side down, in a ten-inch skillet.

Make the sauce: In a bowl, combine the brown sugar, vinegar and the tomato sauce. Pour evenly over the cabbage rolls. Heat to boiling. Reduce the heat. Cover and simmer, basting often, for 1-1/2 hours or until done.

*Blanch the cabbage head for 4 to 6 minutes in boiling water, to make it easier to separate and remove the leaves.*

Per Serving (excluding unknown items): 1855 Calories; 123g Fat (58.8% calories from fat); 91g Protein; 102g Carbohydrate; Dietary Fiber; 386mg Cholesterol; 7593mg Sodium. Exchanges: Grain(Starch); 11 Lean Meat; 1/2 Vegetable; 18 Fat; 0 Other Carbohydrates.