

Sweet and Sour Stuffed Cabbage

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Yield: 12 to 18 medium-size rolls

1 large (2 to 3 pound) cabbage
2 tablespoons butter or margarine
2 large onions, sliced
1 can (16 ounce) tomatoes with juice, coarsely chopped
salt
pepper
1 pound beef bones (optional)
1 pound lean ground beef or turkey
1/4 cup grated onion
3 tablespoons uncooked rice
3 tablespoons water
1 egg
2 cups boiling broth
1/3 cup raisins
1/4 cup fresh lemon juice
1/4 to 1/2 cup honey (to taste)

Boil the cabbage in a pot of hot water for 5 to 10 minutes to soften. When the cabbage is cool, gently remove the leaves, do not tear. Use only tender, whitish leaves for rolling. Shred the tough outer leaves and the very small inner ones for the sauce.

In a deep heavy saucepan, Dutch oven or roasting pan, melt butter. Add the onions and brown lightly. Add the tomatoes with juice, salt if desired, 1/4 teaspoon of pepper, beef bones (if using) and the shredded cabbage. Bring the mixture to a boil. Reduce the heat to low. Cook, uncovered, for about 30 minutes.

Meanwhile, prepare the cabbage rolls: In a medium bowl, combine the ground beef, grated onion, rice, water, egg, salt and pepper. Depending on the size of roll desired, place 1-1/2 to 3 tablespoons of the meat mixture towards the stem end of a cabbage leaf. Fold in the shorter sides of the leaf. Then roll from the stem end to the outer edge, enclosing the meat and short ends of the leaf to form a fairly tight, compact roll.

Add the broth to the sauce, mixing well. Then add the cabbage rolls to the sauce, arranging so that they are surrounded by sauce. Cover the pan. Cook slowly for one and one-half hours.

Add the raisins, lemon juice and honey and distribute. Cook the cabbage for 30 minutes longer.

Per Serving (excluding unknown items): 557 Calories; 29g Fat (43.8% calories from fat); 13g Protein; 71g Carbohydrate; 9g Dietary Fiber; 274mg Cholesterol; 336mg Sodium. Exchanges: 1 Lean Meat; 5 Vegetable; 3 Fruit; 5 Fat.