

# Frank-Stuffed Cabbage Rolls

Betty Schaal - Jefferson, IA

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## Servings: 2

*4 outer leaves from cabbage  
1 1/2 cups (about 4) minced frankfurters  
1/2 cup potato chips or corn flakes, crushed  
2 tablespoons minced onion  
1/8 to 1/4 teaspoon salt  
1/2 teaspoon celery seeds  
dash pepper  
1 teaspoon Worcestershire sauce  
1 egg, beaten  
1 tablespoon butter or margarine, melted  
1 can (16 ounce) solid pack tomatoes  
3 frankfurters, halved  
1/2 cup grated cheddar cheese*

## Preparation Time: 20 minutes

### Cook Time: 35 minutes

Simmer the cabbage leaves in one inch of boiling salted water, covered, for 5 minutes. Drain. Lay out on a flat surface for filling.

In a bowl, combine the minced franks with the potato chips, onions, salt, celery seed, pepper, Worcestershire sauce, egg and butter. Spoon one fourth of the filling mixture into each cabbage roll. Roll up the cabbage leaf, folding the ends toward the center. Secure with a toothpick. Place the rolls in a greased skillet.

Add the drained tomatoes and 1/4 cup of the liquid from the tomatoes. Cover. Simmer for 25 minutes.

Add the frankfurter halves. Sprinkle with cheese. Simmer for 10 minutes.

Remove the toothpicks. Serve.

Best when served with rolls and a salad.

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Per Serving (excluding unknown items): 483 Calories; 43g Fat (79.7% calories from fat); 20g Protein; 4g Carbohydrate; trace Dietary Fiber; 194mg Cholesterol; 1381mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 6 1/2 Fat; 0 Other Carbohydrates.