

CABBAGE ROLLS

Last Modified: 01/26/2016

PREP: 30 Min
COOK: 45 Min
STOVETOP

F EASY

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
8	Large	Cabbage Leaves	Cooked
1	10 1/2 Oz	Can Condensed Tomato Soup (Campbells)	
PLUS			
1/2	10 1/2 Oz	Can Water	

FILLING			
1	Pound	Ground Round (90 / 10)	
1/3	Cup	White Rice	Uncooked
1/4	Cup	Yellow Onion	Chopped
1	Large	Egg	Beaten
1	Tsp	Kosher Salt	
1/4	Tsp	Fresh Ground Black Pepper	

PREPARATION	
TOOLS	1) Medium Mixing Bowl 2) Large Stainless Steel Skillet & Lid 3) Medium Saucepan & Lid
PREP	DISH 1) Core the Cabbage Head,, remove several large Cabbage Leaves and set them aside.
PREP	FILLING 1) Chop the Yellow Onion and set it aside. 2) Lightly beat the Egg and set it aside.
1	Cook the White Rice according to the package directions, cover and set it aside.
2	Meanwhile, in a large skillet, bring 2 Cups of Salted Water to a boil, add in the Cabbage Leaves a few at a time and cook while gently stirring for 2 to 4 minutes or until softened and limp, drain and set them aside.
3	Meanwhile, in a medium mixing bowl, combine the raw Ground Beef, Cooked Rice, Egg, Onion, Salt and Pepper along with 2 tablespoons of undiluted Condensed Tomato Soup. Mix together well.
4	Divide the Ground Beef mixture evenly among the Cabbage Leaves, roll tightly and secure them with toothpicks.
5	In a large skillet over medium heat, place the Cabbage Rolls rib side down and cover with the remaining undiluted Condensed Tomato Soup. Pour the Water around the outside, cover and bring to a boil, reduce the heat to low and simmer for about 40 minutes while basting often with the liquid.
SERVE	Place on a serving platter (removing the toothpicks) and serve while hot.