

# *Cabbage Rolls*

**Yield:** 8 - 10

**Prep time:** 30 minutes

**Total time:** 1 ½ to 2 hours

## *Ingredients:*

2 lb. Hamburger	1 Head of Cabbage	1 c cooked Rice
20 oz. Tomato Sauce	1 Egg	½ c Brown Sugar
Salt & Pepper to taste	1/8 c Vinegar	½ t Garlic Powder
2 Bay Leaf	½ c Onion, diced	Salt & Pepper

## *Directions:*

Fill large pot ½ full of water and bring to a boil add cabbage and keep watch ( if you have a canning pot use it, the wire basket makes it easy to get the cabbage in and out of the pot. Remove cabbage and peel off pliable leaves one at a time using tongs (do not cook all the way through) . Return cabbage to pot and repeat until all leaves are gone. With paring knife shave down thick white part of each leaf to make more pliable. Put smallest leaves from center of cabbage into bottom of large pot. Spoon meat mixture into each ;fold bottom up over meat mixture, then fold sides up, roll to end of leaf , layer cabbage rolls seam side down, make meatballs with leftover meat mixture and add to pot. Add last four ingredients with 1 can of water. Cover and bring to a boil, reduce heat and simmer 45 minutes to an hour, until cabbage is fully cooked and sauce is thickened. These can be frozen for a easy meal later in the week.