

# Beef-Stuffed Cabbage Rolls

Lynn Bower - Geraldine, AL  
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## Servings: 6

12 cabbage leaves  
1 cup cooked brown rice  
1/4 cup onion, finely chopped  
1 egg, lightly beaten  
1/4 cup fat-free milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 pound lean ground beef (90% lean)  
SAUCE  
1 can (8 ounce) tomato sauce  
1 tablespoon brown sugar  
1 tablespoon lemon juice  
1 teaspoon Worcestershire sauce

## Preparation Time: 20 minutes

### Cook Time: 6 hours

In batches, cook the cabbage in boiling water for 3 to 5 minutes or until crisp-tender. Drain. Cool slightly. Trim the thick vein from the bottom of each leaf making a V-shaped cut.

In a large bowl, combine the rice, onion, egg, milk, salt and pepper. Add the beef and mix lightly but thoroughly. Place about 1/4 cup of the beef mixture on each cabbage leaf. Pull together the cut edges of the leaf to overlap; fold over the filling. Fold in the sides and roll up.

Place six rolls in a four- or five-quart slow cooker, seam side down.

In a bowl, mix the sauce ingredients. Pour half of the sauce over the cabbage rolls. Top with the remaining rolls and sauce.

Cook, covered, on LOW for 6 to 8 hours or until a thermometer inserted in the beef reads 160 degrees and the cabbage is tender.

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Per Serving (excluding unknown items): 82 Calories; 1g Fat (13.5% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 454mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

Per Serving Nutritional Analysis

% Calories from Fat:	13.5%
% Calories from Carbohydrates:	72.1%
% Calories from Protein:	14.4%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	35mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	454mg
Potassium (mg):	316mg
Calcium (mg):	40mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	20mg
Vitamin A (i.u.):	503IU
Vitamin A (r.e.):	58RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	31mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 82 Calories from Fat: 11

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#### % Daily Values\*

<b>Total Fat</b> 1g	2%
Saturated Fat trace	2%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 454mg	19%
<b>Total Carbohydrates</b> 16g	5%
Dietary Fiber 2g	9%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	10%
<b>Vitamin C</b>	34%
<b>Calcium</b>	4%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.