

Beef

Stuffed Cabbage Rolls

Better Homes and Gardens All-Time Favorite Casserole Recipes

Servings: 6

1 egg, beaten
1/2 cup milk
1/4 onion, finely chopped
1 teaspoon worcestershire sauce
3/4 teaspoon salt
dash pepper
1 pound ground beef
3/4 cup cooked rice
6 large cabbage leaves
1 can (10 3/4 oz) condensed tomato soup
1 tablespoon brown sugar
1 tablespoon lemon juice

Preheat oven to 350 degrees.

In a mixing bowl, combine egg, milk, onion, worcestershire sauce, salt and pepper; mix well. Add ground beef and cooked rice; mix thoroughly.

Remove center vein of cabbage leaves, keeping each leaf in one piece. Immerse leaves in boiling water until limp, about 3 minutes; drain. Place 1/2 cup meat mixture on each large leaf; fold in sides. Starting at unfolded edge, roll up each leaf making sure folded sides are included in roll. Arrange in a 12x7 1/2x2-inch baking dish.

Stir together condensed tomato soup, brown sugar and lemon juice; pour sauce mixture cabbage rolls. Bake, uncovered, for 1 1/4 hours, basting once or twice with sauce.

Per Serving (excluding unknown items): 332 Calories; 22g Fat (60.8% calories from fat); 16g Protein; 17g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 585mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.