

Stuffed Cabbage (Golabki)

JUne Glaspie - Hudson's Northland

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

*2 medium heads cabbage
8 ounces long grain rice
1 medium onion, chopped
1 pound ground beef
1 pound ground pork or veal
1 egg
1/4 cup butter, melted
1 can (10-1/2 ounce) beef
broth
1 can (16 ounce) tomatoes,
undrained and cut up
1 can (15 ounce) tomato
sauce
1 can (10-3/4 ounce)
tomato soup (optional)
salt (to taste)
pepper (to taste)
garlic (to taste)*

Parboil the cabbage. Drain.

Cook the rice as directed on the package. Drain.

Preheat the oven to 325 degrees.

In a large bowl, combine the rice, onion, ground meat and egg. Pour the butter over the mixture. Mix well with your hands.

Core the cabbages. Separate the leaves. Place a large tablespoonful of the meat mixture in the center of each cabbage leaf. Fold in the sides. Roll up and place, seam side down, in a large roasting pan.

In a large bowl, combine the beef broth, tomatoes, tomato sauce and tomato soup. Pour over the cabbage rolls.

Bake for about 90 minutes. Baste with the tomato mixture occasionally during baking.

Per Serving (excluding unknown items): 1726 Calories; 127g Fat (66.0% calories from fat); 10g Protein; 46g Carbohydrate; 1g Dietary Fiber; 598mg Cholesterol; 3187mg Sodium. Exchanges: Lean Meat; 7 1/2 Vegetable; Fat.