

Stuffed Cabbage

Ground beef stuffed cabbage leaves are cooked and topped with a sweet and savory sauce.

Makes: 5 servings

Ingredients

Cabbage Rolls

- 1 head cabbage
- 1 pound ground beef
- 1 small onion, minced
- 1 slice whole wheat bread, stale or toasted, crumbled into breadcrumbs (about ½ cup)
- 1 tablespoon lemon juice
- 1 cup water
- ½ teaspoon black pepper
- 1 can low-sodium diced tomatoes (14.5 ounces)
- 1 small onion, sliced
- 1 medium carrot, sliced
- 1 cup water

Sauce

- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch

Directions



1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan and cover with boiling water. Simmer 5 minutes. Remove and drain cabbage leaves on paper towels. Remove large vein from each leaf.
2. Shred $\frac{1}{2}$ cup of raw cabbage and set aside.
3. Brown ground beef and minced onion in skillet. Drain fat.
4. Place cooked meat mixture, breadcrumbs, water, and pepper into mixing bowl.
5. Drain juice from tomatoes into a bowl. Add $\frac{1}{2}$ cup of tomato juice to meat mixture and mix well.
6. Place $\frac{1}{4}$ cup of meat filling on each parboiled cabbage leaf. Fold the edges and roll tightly. Place folded side down in large skillet.
7. In skillet top cabbage rolls with tomatoes, sliced onion, shredded cabbage, carrot, and water. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
8. Remove cabbage rolls to serving platter; keep warm.
9. To make the sauce: Mix lemon juice, brown sugar, and cornstarch in small bowl. Add sauce mixture to skillet with remaining vegetables and liquid, and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

Recipe from: *A Healthier You: Based on the Dietary Guidelines for Americans*, US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.