

## Mam Mom's Cabbage Rolls

BAH Tip: Don't have a big pot to parboil a head of cabbage? Carefully cut out the core, peel the leaves off, place them in a steamer basket, and steam until softened, about 10 minutes.

BAH Note: I always though she put rice in her cabbage roll stuffing. But now that I've made them, and used rice, I'm not so sure I'm remembering correctly. I'm leaving it out of my recipe but if you want to add some rice to your stuffing, use about 1/2 to 3/4 cup of cooked rice.

- 1 1/2 pounds ground beef
- 2 medium onions, chopped
- 1 head cabbage, approximately 4 to 5 pounds
- 1 large can tomato sauce (I used a box of Pomi sauce)

Parboil the cabbage for 15 minutes. Remove from the water, cool, and carefully peel off the cabbage leaves.

While the cabbage parboils, combine the ground beef and onions in a bowl. Season with salt and pepper. Using your hands, gently mix the ground beef, onion, and spices together.

Place approximately 1/4 cup of the ground beef mixture in the middle of each cabbage leaf. Fold or roll the cabbage leaf up, covering the ground beef, and place seam side down in a dutch oven. Add the tomato sauce and bring the pot to a boil. Cover, reduce to a simmer, and cook for 90 minutes.

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