

# Sweet and Sour Stuffed Cabbage

Serves 6

## Ingredients:

1 large head of cabbage  
1 pound lean ground beef  
¼ cup uncooked rice  
1 small onion finely diced  
1 egg  
½ teaspoon seasoned salt  
1 large onion, cut into thin half moons  
2 tablespoons vegetable oil  
2 -16-ounce cans diced tomatoes  
3- 8-ounce cans tomato sauce  
2-3 tablespoons fresh lemon juice  
3-4 tablespoons brown sugar



## Instructions:

1. (Prepare the sauce) In a large pan, sauté sliced onions in oil until soft and well browned.
2. Add diced tomatoes, and 2 cans of tomato sauce and let simmer while preparing the rest of the ingredients.
3. (Prepare the cabbage: Wash cabbage and remove inner core with a sharp paring knife. Place in a large bowl, core side down, and cover loosely with waxed paper. Cook in microwave for five minutes on high.
4. Remove from microwave and carefully turn over in the bowl, as it will be hot. Put back in microwave and cook for another 5 minutes.
5. Remove cabbage from microwave and carefully unwrap the softened leaves from the head of cabbage and place on a large plate to cool. If there are uncooked leaves remaining in the center of the cabbage, return to the microwave and cook for another five minutes to soften the rest of the leaves. You will need 12 large leaves.
6. (Prepare the meat mixture) In a large bowl, mix the rice, diced onion, egg, seasoned salt, and one can of tomato sauce. Add the ground beef and combine all the ingredients together making sure everything is very well mixed.
7. Return to the sauce and add lemon juice and brown sugar. Taste sauce and adjust to your liking.
8. Pour half of the sauce into a 9 x 13-inch baking pan.
9. Take a softened cabbage leaf and put about ½ cup of the ground beef mixture in the center of the leaf. Fold up the bottom, fold in the sides and roll over to form a neat bundle. Place on top of the sauce in the pan with the seam side down.
10. Continue until all the cabbage rolls are made and place any extra leaves on top.
11. Pour the rest of the sweet and sour sauce over the cabbage rolls.
12. Cover with aluminum foil and bake in a 350-degree oven for 1 ½ hours.
13. Remove foil and return to the oven for another 30 minutes. Enjoy!