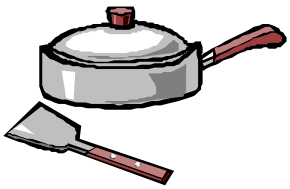
Lazy Cabbage Rolls

Preheat oven to 375° F.

1. In a frying pan, over medium heat, add:

ground beef	1 pound (454 g)
onion, chopped	1 medium
carrot, chopped	1 medium
celery, chopped	2 stalks
salt	½ teaspoon



Cook until beef is brown and vegetables are soft. Drain mixture and set aside.

2. In a separate pot bring 2 cups of water to a boil. Add:

rice, uncooked	1 cup

Let water return to a boil and then turn heat to very low and cover with a lid. Cook for 15 minutes. Don't lift the lid until the time is up. Set aside.

3. On a cutting board, chop:

cabbage	½ small

Remove some of the brown outer leaves and the core. With a knife chop cabbage into fine pieces. Set aside.

4. In a bowl add:

tomato sauce	4 cups (about 1-680ml can & 1-398ml can)
sugar	1 teaspoon
oregano	1 teaspoon
basil	1 teaspoon

5. In a greased large 8 X 13 pan, layer the ingredients in the following order:

- ½ chopped cabbage
- 1 cup tomato sauce
- ground beef and vegetable mixture
- cooked rice
- 1 cup tomato sauce
- rest of cabbage
- 2 cups tomato sauce

6. Cover pan with aluminium foil. Bake in oven for 1½ hours or until center is hot and cabbage is soft.

Serves 8

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca