

Cabbage Rolls

Total Time: 2 Hours | Servings: 6

INGREDIENTS:

- 1 head green cabbage
- 1 cup uncooked rice
- 1 lb. Goodness Grazeious® Grass-Fed Organic Ground Beef
- 1 large yellow onion diced
- 3 cloves garlic, minced
- 8 oz mushrooms, finely diced
- 1/2 teaspoon thyme
- 3 tablespoons fresh parsley, chopped
- salt and pepper
- 1 can (14 oz) diced tomatoes, with juices
- 1 egg
- 1-1/2 cups + 1/3 cup tomato sauce divided
- 1 can (10-1/2 oz) tomato soup

DIRECTIONS:

1. Boil cabbage leaves for 2 minutes or until soft. Peel off leaves and repeat as necessary. Set aside to cool. Preheat oven to 350°F.
2. Cook rice but reduce cooking time by 5 minutes so it's slightly underdone. Set aside.
3. Cook beef, onions, garlic, mushrooms, and seasonings in pan until brown. Drain fat. Add rice, diced tomatoes, & 1/2 cup tomato sauce. Stir in egg.
4. Mix remaining tomato sauce and tomato soup in a bowl. Spread very thin layer of tomato sauce mixture in a 9x13 pan.
5. Remove any thick stem on cabbage leaves. Lay cabbage leaf flat and add 1/4 to 1/3 cup filling to the center of the leaf. Fold in sides and roll cabbage up. Place seam side down in the pan. Overlap to cover if leaves are too small. Repeat with remaining cabbage.
6. Pour sauce over the cabbage and cover tightly with foil. Bake for 75 to 90 minutes. Let cool for 15 minutes before serving.

