



Victoria's Lazy Cabbage Rolls

SERVINGS: 4-6

PREP TIME: 20 MIN

COOKING TIME: 1 HR

Ingredients

- 1/2 kg ground beef (or pork/turkey/chicken)
- 1/2 lg onion, chopped
- 3 cloves of garlic
- 1/2 tsp salt
- lots of fresh ground pepper
- 1 14 oz can tomato sauce
- 1 14 oz can of water
- 3/4 cup uncooked long grain rice
- 1/4 - 1/2 large cabbage, shredded (about 6-10 cups)
- (Depends on how much cabbage you like)



Directions

1. Put the onions in a skillet with a bit of butter until soft.
2. Add the ground beef and brown.
3. Once the meat is no longer pink & fully cooked, add the salt, pepper, minced garlic, tomato sauce and water.
4. Bring to a boil and add your rice.
5. Cover and simmer for 20 mins.
6. Layer cabbage, then beef/rice mixture, then cabbage and then beef/rice mixture in a 9x12 baking dish.
7. Cover with foil and bake at 350 degrees F for 1 hour.