

# Cabbage Rolls

By Lennie Jo Barnes

My mother used to make the regular cabbage rolls on cold winter nights. I tried a blond chicken version on my own because some of my children didn't like a red sauce on everything. They loved it and so do I. It can be made with canned skimmed milk and margarine for reduced calories.

## Ingredients:

One large, whole head of green cabbage

1 ½ lbs. lean ground beef or chicken (see below)

1 cups of long grain rice, cooked

3 TLB parmesan cheese

1 TLB Worcestershire or A1 sauce

Pinch of basil, thyme, cumin and parsley

Salt & Pepper

Mix well with fingers and set aside in bowl.

In a large boiling pot....

Stick stem of cabbage head with a roasting fork. Set in pan and cover with water. Boil on high over stove and gradually cut leaves off stem as they soften. Set leaves aside in another bowl to cool, remove or cut through center vein. Fill leaves with about 3 Tablespoons of beef mixture and roll to cover tucking in sides. Spoon some of the sauce in a baking/casserole pan and place cabbage rolls in pan close to each other until filled. Spoon rest of sauce over cabbage rolls.

## Sauce #1

Cook in sauce pan.

1 large can whole tomatoes broken up or diced Italian tomatoes.

½ cup of catsup

Pinch of cinnamon

1 TLB onion power

Garlic (optional)

## Sauce # 2 I use with ground chicken

Make a roux with butter and flour and add a cup of milk

Add cream cheese and/or Asiago cheese to melt and thicken. (add a little smoked gouda for a rich smoky taste).

Add a pinch of nutmeg and cumin.

Spoon sauce over remaining cabbage rolls.

Cover with foil and bake 350° for 1 hour. Uncover for the last 10 minutes of cooking.