

Cabbage Rolls



Serving: 6 Prep: 25 minutes



Preparing Time: min



Total Duration: min

Ingredients

- ♦ 1 head cabbage
- ♦ 1 lb ground meat
- ♦ 1 cup rice
- ♦ Tomato sauce

Directions

- ♦ Blanch cabbage leaves.
- ♦ Fill with meat and rice.
- ♦ Simmer in sauce.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 22g, Carbs 28g, Fat 12g

Notes

Cabbage leaves filled with meat and rice, cooked slowly in tomato sauce.

