

July 26 – UnStuffed Cabbage

Ingredients:

1 lb. Ground beef
1/2 c. chopped onion
1/2 cooked rice
1/2 large head of green cabbage
1 (28 oz.) can diced tomatoes
1 green pepper, diced
1/2 tsp. Salt
Pepper to taste

Directions:

1. Crumble beef into 4 or 5 quart Dutch oven. Add onions and peppers; cook over medium heat 5 minutes, stirring often, until beef is lightly browned.
2. In a separate pan, prepare 1/2 c. instant rice according to package directions.
3. Quarter and core cabbage. Cut crosswise in small strips. You should have about 8 cups.
4. Add to meat mixture; cover and cook over medium heat for another 5 minutes, stirring until the cabbage wilts.
5. Stir in tomatoes, salt and pepper. Bring to a boil; reduce heat, cover and simmer, stirring occasionally until cabbage is tender and beef is completely cooked through.
6. Add in your cooked rice and stir ingredients just long enough for the rice to blend and be warmed.