



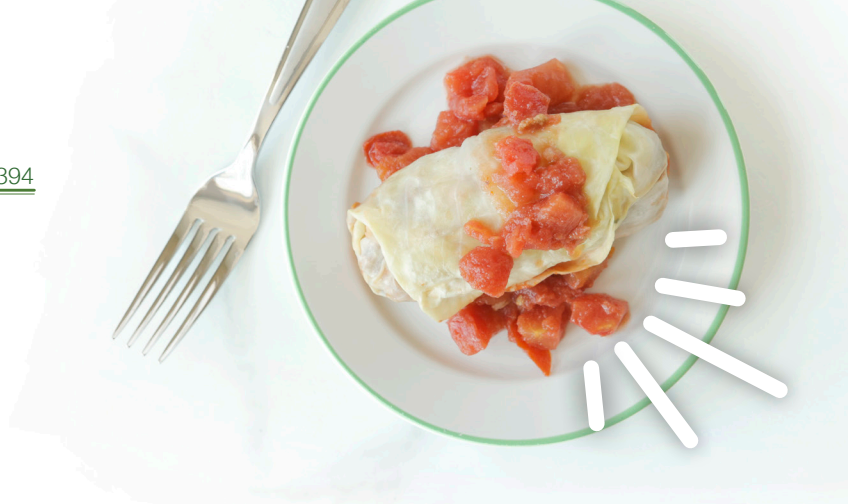
cabbage rolls

*kids can help roll up
this special dish!*

- 1 medium head cabbage
- 1 pound lean ground beef or turkey
- ¼ cup chopped onion
- 1 can (15 ounces) tomato sauce
- 2 cups cooked rice
- 1 teaspoon dill weed
- 1 can (14.5 ounces) diced tomatoes



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- 1. Cook Cabbage:** Cut core out of the cabbage. Cook the head of cabbage in a large kettle of boiling water for 15 minutes. Remove cabbage from water. Remove 12 large leaves when soft.
- 2. Cook Meat Mixture:** Cook ground beef or turkey in a skillet until brown. Drain off any fat. Add onion and cook for 3 more minutes. Add tomato sauce, rice and dill weed to meat.
- 3. Roll up Cabbage:** Place about ¼ cup of meat mixture on each cabbage leaf. Fold in sides. Roll up to cover filling.
- 4. Bake Cabbage Rolls:** Pour diced tomatoes in a baking dish. Place cabbage rolls on top of tomatoes. Cover and bake in a 325° oven for 30 to 40 minutes.



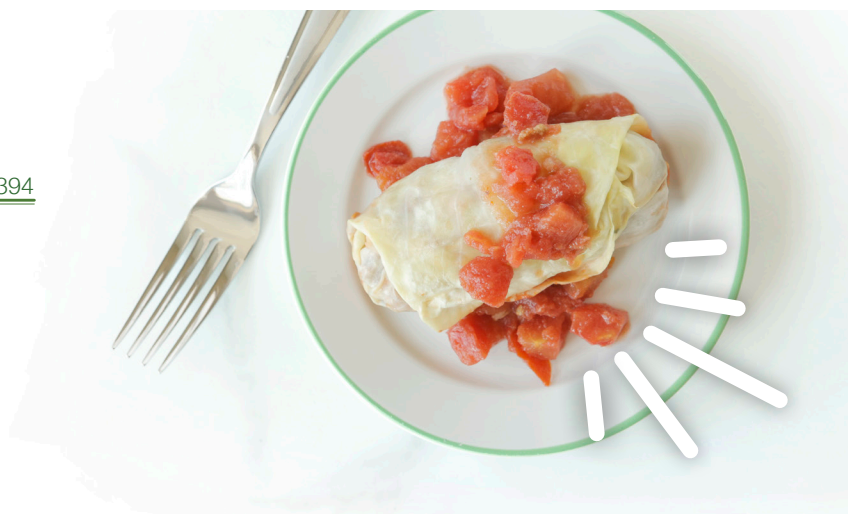
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