

## Name: Polish Golabki (Cabbage Rolls)

<b>Yield:</b>	<b>Author: "Babusia" Barbara Walker</b>		
<b>Ingredients</b>	<b>Actual</b>		<b>Notes</b>
	<b>Weight</b>	<b>Measure</b>	
Cabbage, cored – 1 head			
Butter	2 tbsp		
Onion, large – 1			Chopped
Beef, ground	1 lb		
Pork, ground	1/2 lb		
Rice, cooked	1-1/2 cups		
Garlic clove	1/2 tsp		Finely chopped
Salt	1 tsp		Add more for taste
Black pepper	1/2 tsp		Add more for taste
Tomato soup - 3 (10.75 oz) cans			Condensed
Tomato juice - 2 (12 oz) cans			Add more for taste
Ketchup		1/2 cup	
<b>Preparation</b>			
1. Preheat oven to 350 degrees.			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"> <li>1. Bring a large pot of lightly salted water to a boil. Place cabbage head into water, cover pot, and cook until cabbage leaves are slightly softened enough to remove from head, 3 minutes. Remove cabbage from pot and let cabbage sit until leaves are cool enough to handle, about 10 minutes.</li> <li>2. Remove 18 whole leaves from the cabbage head, cutting out any thick tough center ribs. Set whole leaves aside. Chop the remainder of the cabbage head and spread it in the bottom of a casserole dish.</li> <li>3. Melt butter in a large skillet over medium-high heat. Cook and stir onion in hot butter until tender, 5 to 10 minutes. Cool.</li> <li>4. Stir onion, beef, pork, rice, garlic, 1 teaspoon salt, and 1/4 teaspoon pepper together in a large bowl. Place about 1/2 cup beef mixture on a cabbage leaf. Roll cabbage around beef mixture. Repeat with remaining leaves and meat mixture. Place cabbage rolls in a layer atop the chopped cabbage in the casserole dish; season rolls with salt and black pepper.</li> <li>5. Whisk tomato soup, tomato juice, and ketchup together in a bowl. Pour tomato soup mixture over cabbage rolls and cover dish with aluminum foil.</li> <li>6. Bake until cabbage is tender and meat is cooked through, about 1 hour.</li> </ol> <p>Cook's Notes: Cover the baking dish tightly so that the cabbage can steam and get tender, then uncover for the last 20 to 30 minutes of cooking. Definitely use tomato soup, and add a can of tomato juice for every can of tomato soup.</p>			