



GRANDPA KISH'S STUFFED CABBAGE ROLLS

“When my mom taught the recipe to me, she told me all about Grandpa Kish and how she was close to him, even though he didn’t speak much English. She told me that my grandparents and great-grandparents used cabbage in a lot of recipes because it was plentiful, inexpensive, and nutritious.”

Recipe Submitted by: Lynell Ross



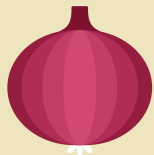
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1 head of cabbage



1 pound of ground beef



1/2 cup of chopped onion



1 egg, beaten



1/2 cup of raw rice



1 teaspoon of salt



1 pinch of black pepper



2 Tbsp. of butter



2 Tbsp. of brown sugar



2 teaspoons of vinegar



1 cup of milk



4 tomatoes or large can diced

STEP ONE

Boil water in a large kettle. Cut cabbage leaves to make individual leaves and cook leaves in boiling water just until tender enough to be able to bend them (3-5 minutes).

Drain cabbage leaves and lay on a tray to dry until stuffing is made. Combine ground beef, salt, pepper, egg, rice, milk, and onion in a bowl.

STEP TWO

Place 2 Tbsp. of the meat mixture into the center of each cabbage leaf and roll up until the mixture is enveloped.

Melt butter in the bottom of the Dutch oven, placing the stuffed cabbage in rows on the butter, then adding a second or third layer. Cover with 1/2 cup of water and chopped tomatoes. Sprinkle with sugar, additional salt and pepper if desired.

STEP THREE

Cover tightly with lid and simmer for 1 1/2 hours. Check cabbage rolls often to make sure liquid hasn't burned off.

Baste and add more water or tomato sauce if needed (if there isn't enough liquid, the rice won't get done). When done, take the cabbage rolls out with a slotted spoon and place on a platter. Add vinegar to remaining juice, stir, and baste the gravy over stuffed cabbage rolls.

STEP FOUR, ENJOY!

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