



Recipe Submitted by: SV Fun In The Sun

## Crock Pot Cabbage Rolls

### Ingredients for four servings:

- 1 small cabbage
- 1 large onion
- 1 bay leaf
- 1 small can tomato sauce
- 1-2 Tbsp tomato paste
- 1 tsp salt
- ½ tsp pepper
- 1 lb ground beef
- 1 egg
- 3 Tbsp water
- 3 Tbsp raw rice
- 4 cloves garlic, pressed, or garlic powder
- 3 Tbsp honey
- Juice of 2 lemons
- ¼ cup seedless raisins

### Preparation and Use:

1. Core the Cabbage, gently ease off 8 leaves using a push/pull action. Make a 2-inch deep "V" cut at the stem end of each leaf and remove the hard stalk
2. Microwave the cabbage leaves on high for 4 minutes, until flexible.
3. Slice the onion. Finely chop 2 slices and reserve. Put the remaining onion in the bottom of the crock pot.
4. Mix ground beef, egg, rice, water, reserved chopped onion, and garlic.
5. Put 1/8 of beef mixture in each leaf, and roll up, tucking both ends in.
6. Put cabbage rolls into the crock pot, on top of the onion slices.
7. In a bowl, mix well the tomato sauce, tomato paste, salt, pepper, honey, lemon juice, and raisins.
8. Pour the tomato mixture over the cabbage rolls.
9. Cover the crock pot and cook on low for 7-8 hours.
10. Serve with mashed potatoes or rice.