

Cabbage Roll In A Bowl

Yield: 4 to 6 Servings **Author:** DeepSouthDish.com

Prep Time: 10 Min Cook Time: 30 Min Total Time: 40 Min

Cabbage with ground beef or sausage, or a combination of them, cooked rice, tomato sauce and a little sweet and sour element - the flavors of classic stuffed cabbage rolls, in a quick shortcut, one pot version.

INGREDIENTS

- 1 tablespoon bacon drippings or butter
- 1 pound lean (85/15) ground beef, raw breakfast sausage or a combination
- 1 cup chopped onion
- 1 (8 ounce) tomato sauce
- 1 sauce can water
- 1 (16 ounce) package coleslaw mix
- 3 teaspoons light brown sugar
- 1 tablespoon fresh lemon juice
- 1-1/2 cups cooked rice
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper
- Hot sauce, to taste, optional

INSTRUCTIONS

1. Melt bacon drippings or butter in a large pot. Add onion and cook until tender, about 4 minutes.
2. Add ground beef and/or raw sausage and cook until no longer pink. Drain off excess fat if needed.
3. Add the tomato sauce and water; bring to a boil, reduce to low simmer and let cook for 10 minutes, stirring regularly.
4. Add the cabbage, stir, cover and cook over medium until wilted down, about 5 minutes.
5. Add lemon juice, brown sugar and rice; stir in. Add salt and pepper.
6. Cover and cook another 10 minutes, or to desired consistency. Taste, adjust seasonings if needed and add hot sauce if desired, or offer at the table.

NOTES

For a juicier version, add in a (14.5 ounce) can diced tomatoes. Doubles nicely. May substitute a small head of cabbage (for about 9 cups sliced). Use a larger stockpot (about 8 quarts) and wilt down in batches. Increase tomato sauce to a 15-ounce can and extend final cooking time to about 20 minutes, or to desired consistency, after adding rice.

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