

Slow Cooker Cabbage Rolls

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When I was young, my Father was the pastor of a foursquare church. The Church used to have potlucks each summer at Tualatin park, and I remember one family always brought cabbage rolls in a crock pot. I always enjoyed them, which shocked my parents, because I was a very picky eater. It got me wondering if my family would eat them. This recipe is very very simple, and the troops ate it up. I am happy to have another recipe that I can throw in the crock pot in the morning and come home to a done meal later that day. Since it is naturally gluten free, it makes it even better! They reheat very nicely too.



Crock Pot Cabbage Rolls - Gluten Free

12 leaves cabbage

1 cup cooked rice

1 egg, beaten

1/4 cup milk

1/4 cup minced sweet onion

1 pound extra-lean ground beef

1 1/4 teaspoons salt

1 1/4 teaspoons ground black pepper

1 (8 ounce) can tomato sauce

1 tablespoon brown sugar

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce

Bring a large pot of water to a boil. Boil cabbage leaves 2 minutes; drain.

In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper..

Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends.

Place rolls in slow cooker.



