Crock Pot Cabbage Rolls

Ingredients

- ▢ 1 head green cabbage
- ▢ ½ cup water
- ▢ ¾ cup cooked white or brown rice
- ▢ ½ pound lean ground beef
- ▢ ½ pound ground pork (see notes below)
- ▢ 1 ½ Tablespoons onion powder
- ▢ 1 Tablespoon chopped fresh parsley (optional)
- ▢ 1 teaspoon salt
- ▢ ½ teaspoon garlic powder
- ▢ ½ teaspoon ground black pepper
- ▢ 1 (10 ounce) can tomato soup
- ▢ 1 (15 ounce) can crushed tomatoes
- ▢ ½ teaspoon sugar

Instructions

Rinse off 1 head green cabbage and use a sharp knife to cut around the core and remove it.
Place the cabbage core side up in a microwave-safe bowl with a lid. Add ½ cup water to the bowl, cover with a paper towel and microwave on high for five minutes.

After five minutes, carefully flip the cabbage over, cover with a paper towel and cook for an additional 10 minutes.

While the cabbage cooks, add ¾ cup cooked white or brown rice, ½ pound lean ground beef, ½ pound ground pork, 1 ½ Tablespoons onion powder, 1 Tablespoon chopped fresh parsley, 1 teaspoon salt, ½ teaspoon garlic powder and ½ teaspoon ground black pepper to a medium-size bowl. Stir to combine. Set aside.

In a separate medium bowl, add 1 (10 ounce) can tomato soup, 1 (15 ounce) can crushed tomatoes and ½ teaspoon sugar. Stir to combine. Set aside.

Once the cabbage is finished cooking, carefully remove it from the bowl and place it on a cutting board. (I used my silicone oven mitts to do this to protect my hands)
Use a fork to gently tease 6-8 large cabbage leaves away from its body and set them on paper towels to cool and dry.

Once they are cool enough to handle, place one large leaf flat open on the cutting board and cut the tough center stem out of the center, leaving two cabbage leaf halves.

Take one cabbage leaf half and spoon 1-1/2 Tablespoons of the meat mixture into the cabbage leaf near one end. Take the short end and fold it over the ball of meat. Tuck in the sides of the cabbage leaf and finish rolling it up.

Continue with the remaining cabbage leaves until you've used up the entire amount of meat mixture. You may need additional cabbage leaves or fewer depending on the size of cabbage leaves and how much meat mixture you are adding to them.

Spray the inside of the crockpot with non-stick spray. Place 1 cup of the tomato sauce mixture into the bottom and spread it evenly.
Place the cabbage rolls in a single level across the bottom. If you have additional rolls, place more tomato sauce on top of the rolls, then lay the remaining rolls on top.

Pour the remaining sauce over the top of the rolls.

Cover the crockpot with the lid and cook on low for approximately 6 hours or until the inside of the rolls reaches 165 degrees.