

Recipe for: Pigs in a Blanket

Ingredients:

1 sm. head of cabbage
1 lb. ground turkey or beef
½ cup chopped onion
½ cup brown rice
½ tsp. sea salt or Real Salt
¼ tsp. black pepper
1 can (10.5 oz.) tomato sauce
1 ½ cups water

Preparation:

Chop cabbage into medium pieces and spread in bottom of greased 13x9x2 baking dish.

Brown meat and onion in a large skillet, breaking up the meat with a spoon as it cooks. Stir in rice, salt and pepper. Spoon mixture over cabbage.

In a small saucepan, heat tomato sauce and water to boiling.

Pour over all ingredients. Cover casserole and bake for 90 minutes at 350°.

Fluff lightly with a fork before serving.