

The Best Cabbage Rolls "Holupchi"

Ingredients

- * ½ lb. Ground Grass-Fed beef
- * Cabbage (wilted)
- * Tomato juice – small can
- * Few strips of bacon (optional)
- * Rice – approximately 2-3 cups cooked

Method

Saute ground beef in a bit of oil. Stir into rice in a mixing bowl. Add salt and pepper to taste. Spoon into individual cabbage leaves and rolling them, fill a casserole dish that has been prelined with cabbage leaves. Put strips of bacon on top. Pour tomato juice on top and add any remaining leaves on top, put a piece of foil on top of this and then the casserole cover. Bake in the oven at 350 degrees for ½ hour, then 325 degrees for ½ hour, then 300 degrees until done (maybe 45 minutes or so). Test with a fork to see if cabbage rolls are soft and that bacon and tomato juice have cooked.