

Luck of the Irish Roll-Ups

Recipe Cookbook: America's Favorite Food Associations

Chapter: North Carolina Egg Commission

Prep Time: 20 minutes

Cooking Time: 35-40 minutes

INGREDIENTS:

- 1 large cabbage
- 1 lb lean ground beef, or ground turkey
- 2 TBS garlic, minced
- 2 eggs
- 2 egg whites
- 1 1/2 C cheddar cheese, divided
- 2 C brown rice, cooked
- 1 TBS herb seasoning
- 1 teaspoon basil
- Dash dill
- Dash salt & pepper
- 1 can condensed cream of mushroom soup

DIRECTIONS:

Bring large pot of water to boil. Place cabbage in boiling water 5-10 min or till leaves fall loosely from head. Take cabbage from water to cool.

In a medium skillet, brown meat with garlic. After meat is cooked, drain grease & allow meat to cool slightly.

In a medium bowl, mix together eggs, egg whites, one cup cheese, rice and seasonings with meat.

Remove full leaves from cabbage, place 3/4 cup of meat mixture on a cabbage leaf and roll up the leaf. Place in 8x8 inch casserole dish & cover with undiluted soup. Top with remaining cheese - bake 35-40 minutes at 400 °F.

Serves: 4 (8 rollups)