



Baked Cabbage-Roll Skillet Supper

Serves: 4 –6 **Preparation Time:** 10 minutes **Cooking Time:** 25 minutes

What You'll Need:

1 lb medium ground beef or pork
2 cloves Ontario Garlic, crushed
1 large Ontario Onion, peeled and chopped
1 can (14 oz / 398 mL) tomato sauce
1/2 cup water
1 cup 5-minute rice
1 tsp paprika
1/2 tsp dried dillweed
1/4 tsp each of salt and pepper
1/2-head Ontario Cabbage
Sour cream

What To Do:

1. In large, wide saucepan over medium heat, cook meat and garlic, stirring often with fork to keep meat crumbly. Add 1 or 2 tsp of vegetable oil, if meat sticks.
2. Stir in onion and cook until meat loses its redness, a total of about 5 minutes.
3. Stir in tomato sauce, water, rice, paprika, dillweed, salt and pepper; cover and bring to a boil.
Meanwhile slice cabbage in 1- x 3-inch strips. Stir into meat mixture.
4. Cover tightly and reduce heat to medium-low; cook, stirring often, until rice and cabbage are tender, 10 to 15 minutes.
5. Serve with sour cream.

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