

UN-STUFFED STUFFED CABBAGE
(SERVES 8-10)

Ingredients:

- 2 ½ - 3 lbs. lean ground beef
- 1 tbs oil
- 1 large onion, chopped
- 1-2 tps minced garlic
- 1 small cabbage, chopped
- 2 cans (28 oz) diced tomatoes
- 1 can (12 oz) tomato sauce
- ½ - 1 cup of water
- Black pepper & garlic salt to season and serve to garnish
- 25-27 Charcoal Briquettes (17-18 on top & 8-9 on bottom) for 350-375 degrees

- 2 cups (uncooked) rice & 2 beef bouillon cubes if serving rice
- 5 lbs. potatoes, salt, pepper, 1 cup milk & 1 stick butter if serving mashed potatoes

Preparation:

Either pre-fry at home and bag - or – fry at camp in Dutch oven: oil, ground beef, chopped onion, garlic, chopping up ground beef as you go to eliminate big chunks;

Drain any excess grease;

Add cabbage and rest of ingredients to Dutch Oven, season & bake for 30-45 minutes, stirring occasionally, until cabbage tender but NOT mushy

Serve over rice or with mashed potatoes, with salt, pepper & garlic salt as garnish/seasoning

Equipment Required:

- Dutch Oven with gloves, lid tool & charcoal
- Metal Spatula & Large Serving Spoon
- Cutting Board, Can Opener & Pairing Knife
- Medium to Large Pot, Lid, Measuring Cup & Colander – if serving rice
- Medium to Large Pot, Lid, Potato Peeler & Potato Masher – if serving mashed potatoes

Notes: See “Dutch Oven Basics” & “Dutch Oven Temperature/Briquette Guide” on Troop “Recipes” web page. Have plan for what to put Dutch Oven lid down on while cooking so as not to get dirt on inside of lid & what to put Dutch Oven on while serving so as not to burn table top.

Meat & Onion can be cooked, drained, bagged & refrigerated at home - and - Cabbage can be precut at home, bagged & refrigerated at home ... kept in cooler & dumped into Dutch Oven.