

## Main Dishes

Beef

### Cabbage Bundles (Hellupkis)

The Tender Cooker is by Nordic Ware and is a pressure cooker for the microwave. I love mine and if you don't have one, it is a good investment for the working women of today. Check their web site; [www.nordicware.com](http://www.nordicware.com).

12 large cabbage leaves  
1 lb. lean ground beef  
1 cup cooked rice  
1 small onion, minced  
1 egg, beaten  
1/2 tsp. each salt and pepper

#### SAUCE

1 8 oz. can tomato sauce  
1 Tb. brown sugar  
1 Tb. lemon juice  
1 Tb. Worcestershire sauce



Place cabbage leaves in covered casserole with one tablespoon water.  
Cover and microwave on HIGH for 3 to 4 minutes until leaves are limp.  
Combine remaining ingredients. Shape into 12 rolls.  
Place each roll in center of a cabbage leaf. Fold in ends and roll up.  
Place bundles in large Dutch oven.  
Combine sauce ingredients and pour over bundles.  
Cover and simmer on top of stove for 2 hours or until cabbage is tender.  
Can be put in a casserole dish, covered and baked in 350 degree oven for 1-1/2 hours, if preferred. Recipe can be doubled.

Yield: 3 to 4 servings.

NOTE: You can steam a whole head of cabbage using the microwave method mentioned above. Cut the leaves off at the stem and repeat the process until all the large leaves are removed.

#### TENDER COOKER METHOD:

Place bundles in Tender Cooker. Combine sauce ingredients and pour over bundles.  
Cover with a single layer 7-inch circle of foil. Add gasket, cover and red weight.  
Microwave on HIGH for 22 to 24 minutes. Allow yellow stem to drop.  
Low wattage ovens: add 2 to 3 minutes.