Beef Cabbage Rolls

Cinnamon adds a slightly sweet taste to these stuffed cabbage rolls, from "International Feast," by Robin S. Cox

2 c. legal tomato juice

2 Tbs. honey

1/4 tsp. dried thyme

1 medium head cabbage, cored, battered outer leaves removed

1 onion, chopped

2/3 c. cooked legal navy beans, mostly drained

1 egg

3 Tbs. *each;* chopped raisins, chopped almonds, fresh lemon juice

1/2 tsp. dried oregano

1/4 tsp. pepper

1/8 tsp. *each;* salt and cinnamon

3/4 pound lean ground beef

Pour tomato juice into a saucepan and bring to a rapid boil. Boil until juice is reduced, about 10 to 15 minutes. Stir in honey and thyme. Set aside.

Meanwhile, cook whole cabbage in a large pot of boiling water, using tongs to gently peel away outer leaves as they loosen. Set aside 10 large leaves for rolls. (Recipe makes 8 rolls but a leaf may tear or you may have extra filling.) Refrigerate remaining cabbage for another use. Make a V-shaped cut in the thick vein of each reserved leaf.

Sauté onion until tender, 6-8 minutes. In a large bowl, combine sautéed onions, beans, egg, raisins, nuts, lemon juice, oregano, pepper, salt, and cinnamon. Crumble uncooked beef over mixture and mix well with a fork or by hand.

Place about 1/3 cup beef mixture (one handful) on each cabbage leaf. Fold in sides, beginning from the cut end. Roll up completely to enclose filling. Place seam side down in an oiled 9x13 inch baking dish. Pour tomato sauce over rolls.

Cover and bake at 350 degrees for 1 hour or until cabbage is tender and a meat thermometer inserted in a roll needs 160 degrees. Uncover; bake 5 to 10 minutes longer or until sauce has thickened. Serve topped with sauce.