

DINNER

Grandma Elaine's Unstuffed Sweet and Sour Cabbage

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
200 min	20 min	160 min	10	\$1.87	288 kcal



Grandman Elaine's Unstuffed Sweet and Sour Cabbage requires about 3 hours and 20 minutes from start to finish. One serving contains 330 calories, 24g of protein, and 7g of fat. For \$1.87 per serving, you get a main course that serves 10.

Ingredients

- ☐ ½ cup packed brown sugar, or to taste
- ☐ 28 ounce whole peeled tomatoes
canned
- ☐ 1/3 cup golden raisins
- ☐ ¼ teaspoon ground black pepper
- ☐ 15 ounce tomato sauce
canned
- ☐ 2 eggs
- ☐ 2 pounds green cabbage, cored, and cut into 3
inch chunks
- ☐ 1 tablespoon honey

☐ 2 tablespoons instant white rice

☐ 3 tablespoons fresh lemon juice

☐ 3 onions, sliced

☐ 1 tablespoon vegetable oil

☐ 2 pounds lean ground beef

☐ 1 onion, finely chopped

☐ 1½ teaspoons salt

☐ 3 tablespoons water

EQUIPMENT Mixing bowl, Pot

Method

- 1 Place the vegetable oil into a large pot over medium heat. Stir in the sliced onions, and cook until transparent, about 5 minutes.
- 2 Add the tomatoes and tomato sauce, using a spoon to slightly chop the whole tomatoes. Season with 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Cover, and simmer for 20 minutes, stirring occasionally. Stir the cabbage into the tomatoes. Cover, and simmer 1 hour until the cabbage is tender and mixes easily with the tomatoes.
- 3 Place the ground beef, eggs, finely chopped onion, rice, water, additional 1 1/2 teaspoons salt, and 1/4 teaspoon pepper in a mixing bowl.
- 4 Mix together with hands until thoroughly blended.
- 5 Add additional rice if mixture is too moist. Form into golf ball-sized meatballs.
- 6 Place meatballs on a plate, and refrigerate 20 minutes to firm.
- 7 Place meatballs on the surface of the tomato mixture. Cover and simmer over medium heat until the meatballs are firm and cooked through, about 15 minutes. Gently stir the meatballs into the tomato mixture. Cover the pot and continue to simmer 45 minutes more. Stir in the lemon juice, and taste for seasoning, adding additional lemon juice if required. Stir in the raisins, and honey.
- 8 Add the brown sugar, a little at a time, tasting after each addition. Cook mixture over medium heat 15 minutes more.

Nutrition per serving

288

KCAL

24 g

PROTEIN

7 g

FAT

34 g

CARBS

Saturated Fat	2.6 g · 16% of daily needs
Fibre	4.7 g · 19% of daily needs
Sugar	23.6 g · 26% of daily needs
Sodium	759 mg · 33% of daily needs
Cholesterol	89 mg · 30% of daily needs
Vitamin C	48.7 mg · 59% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grandma-elaines-unstuffed-sweet-and-sour-cabbage-144175