

IOWA MEDLEY

by Janie Lohnes

2 pounds ground pork
2 pounds ground beef
1 quart canned marinara sauce
1 cup barley
1 large onion
2 cups frozen corn
4 cups packages frozen green cabbage
salt and pepper

Brown meat and drain off fat. Add 1 cup barley to 4 cups water. Bring to boil, turn down heat. Let simmer for 30 minutes. Chop and saute the onion. Slice the cabbage. Mix all the ingredients together. Salt and pepper to taste and simmer in the crock pot for 3 to 4 hours.

An adaptation of a traditional cabbage roll recipe. This Iowa Medley recipe was created by Janie Lohnes, using Helen Gunderson's canned marinara sauce and other produce, for the Unitarian Universalist Iowa-grown meal on January 24, 2010.