

Stuffed Cabbage Rolls



This is one of OG member Marianne's favorite recipes!

Ingredients:

10-12 cabbage leaves
1 pound ground meat of choice
1 Tablespoon minced garlic
1 teaspoon smoked paprika
2 teaspoons thyme
1/3 cup finely chopped onions
1 large egg
1 teaspoon salt (adjust to taste)
1 1/2 teaspoon white pepper
2 Tablespoons parsley
1 cup cooked rice

TOMATO SAUCE

1/2 cup diced onion
1 teaspoon thyme
2 teaspoons minced garlic
1, 15 ounce can tomato sauce
1 teaspoon creole seasoning
1 teaspoon white pepper
1/2 teaspoon cayenne pepper (to taste)
1 teaspoon smoked paprika
1/4 cup chopped green pepper
1-2 cups broth of choice

Instructions:

1. Fill a large pot with water. Carefully remove the core from the head of cabbage, discard leaves that are discolored or torn.
2. Add raw cabbage and boil for about 4-5 minutes or until leaves are pliable/tender. Remove from the stove, then pour hot water out and add ice water, let it cool.
3. Once cooled, remove about 10-12 cabbage leaves. Use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through- it makes it easier when folding. Set aside.
4. In a large bowl, combine ground meat, then add garlic, paprika, onions, egg, salt, white pepper, parsley, and rice. Mix well.

ASSEMBLING:

1. Place about 1/4 -1/3 cup of meat mixture in the center of each cabbage leaf, and tightly roll up, tucking in the ends and place seam-side down. Repeat the process until all the meat mixture is used up. Set aside.

TOMATO SAUCE:

1. In a large saucepan, add about 1T oil or cooking spray, bring to medium heat.
2. Add chopped onion, thyme and garlic to the oil, stir for about a minute.
3. Next add tomato sauce, creole seasoning, white pepper, cayenne pepper and paprika. Stir the pot frequently to prevent the sauce from sticking to the pot.

(Instructions, continued)

4. Add salt, if desired, with about 2 cups of broth. Bring to a boil and let it simmer to blend all the flavors, about 15 minutes or more, stirring occasionally. Salt/adjust seasonings, if desired.

STOVE TOP METHOD:

1. When the sauce is ready, place the stuffed cabbage seam-side down in a single layer in the sauce. Spoon some of the sauce over the top of the stuffed cabbage so that they're covered. Cover and simmer over medium-low heat undisturbed until tender, about 35-40 minutes.

OVEN METHOD:

1. Place the cabbage rolls, seam-side down, on top of the tomato sauce in a 9×13" baking dish or casserole dish, and bake at 350* until filling is cooked through, about 45 minutes, or until tender.
2. Serve warm with rice.

Nutrition Information:

Calories: 127kcal (6%)| Carbohydrates: 6g (2%)| Protein: 7g (14%)| Fat: 8g (12%)| Saturated Fat: 2g (13%)| Cholesterol: 50mg (17%)| Sodium: 495mg (22%)| Potassium: 191mg (5%)| Fiber: 1g (4%)| Sugar: 1g (1%)| Vitamin A: 595IU (12%)| Vitamin C: 12.1mg (15%)| Calcium: 21mg (2%)| Iron: 0.9mg (5%)

Tips:

For a low carb option, you may replace rice with cauliflower rice.

Store leftovers in airtight containers and place in the fridge for up to 4 days.

If desired, chop the remaining cabbage, saute it with salt and pepper, and enjoy as a side dish.