



## Polish Stuffed Cabbage Rolls

### Description

Polish Stuffed Cabbage Rolls, or *Golubki*, are a beloved traditional dish in Polish cuisine, often served during family gatherings or holiday celebrations. These comforting rolls are made by wrapping seasoned meat and rice in tender cabbage leaves, then simmering them in a savory tomato sauce. The combination of rich flavors and hearty ingredients makes them a perfect meal for any occasion. Whether you're trying this dish for the first time or revisiting a family favorite, these stuffed cabbage rolls are sure to bring warmth to your table.

### Ingredients:

- 1 large head of cabbage
- 1 lb ground beef (or a mix of pork and beef)
- 1 cup cooked rice
- 1 small onion, finely chopped
- 1 egg
- 1 tsp garlic powder
- 1 tsp salt

- 1/2 tsp black pepper
- 1 can (15 oz) tomato sauce
- 1 can (14 oz) diced tomatoes
- 2 tbsp brown sugar
- 1 tbsp lemon juice
- 1 tbsp vegetable oil

### Instructions:

1. **Prepare the cabbage:** Bring a large pot of water to a boil. Remove the core from the cabbage and carefully peel off the leaves, trying to keep them intact. Blanch the cabbage leaves in boiling water for 2-3 minutes or until softened. Drain and set aside.
2. **Make the filling:** In a bowl, combine the ground beef, cooked rice, chopped onion, egg, garlic powder, salt, and pepper. Mix well.
3. **Stuff the cabbage leaves:** Place a cabbage leaf flat on a surface. Add a heaping spoonful of the filling to the center. Fold in the sides of the leaf and roll it up tightly, making sure the filling is sealed inside. Repeat with the remaining cabbage leaves and filling.
4. **Make the sauce:** In a separate bowl, mix the tomato sauce, diced tomatoes, brown sugar, lemon juice, and a pinch of salt and pepper.
5. **Cook the rolls:** In a large pot, heat the vegetable oil over medium heat. Place the cabbage rolls in the pot and pour the tomato sauce over them. Cover the pot and simmer on low heat for 1-1.5 hours, occasionally basting the rolls with the sauce.
6. **Serve:** Once the cabbage rolls are tender, remove from heat and serve hot with a side of potatoes or bread.

Enjoy your Polish Stuffed Cabbage Rolls!

**Category**

## 1. Crockpot Recipes

**Date Created**

10/04/2025

**Author**

rauf

*default watermark*