



Stuffed cabbage rolls

Description

If you are looking for a comforting wintertime recipe, you need to try this one. It's cozy, a bit complicated to make, but worth every minute of preparation time. Trust me, once you will make these stuffed cabbage rolls, you can never have enough of them.

Ingredients

For the Tomato Sauce:

- 2 tablespoons olive oil
- ½ cup onion yellow finely chopped
- 1 teaspoon minced garlic
- 1 teaspoon crushed red peppers
- 28- ounce can fire roasted tomatoes do not drain
- 15- ounce can of tomato sauce
- salt and pepper to taste
- 2 tablespoons brown sugar
- 1 tablespoon red wine vinegar

For the Cabbage Rolls:

- 2 pounds ground beef 80/20
- 1 ½ cups cooked white rice
- ½ cup onion yellow finely chopped
- 2 teaspoons minced garlic
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon cumin
- 1 teaspoon Italian seasoning

- ¼ cup fresh parsley minced
- 2 eggs
- 1 head cabbage
- cooking spray

Instructions

1. First, warm the olive oil over medium heat and cook the diced onion until softened.
2. Add in the minced garlic and toss with the onion together.
3. Add the fire-roasted tomatoes tomato sauce and season with salt and pepper to taste the rest of the seasonings.
4. Stir to combine and cook for about 5 minutes.
5. Stir in the brown sugar and red wine vinegar and mix until combined.
6. Bring the whole mixture to a simmer and cook the sauce for about 15 minutes.
7. In another large pot filled ¾ of the way full, bring water to a boil and cook the cabbage for a few minutes.
8. Peel the cabbage leaves so you can make the cabbage rolls.
9. In a large mixing bowl, stir the ground beef, rice, onion, garlic, salt, and pepper to taste, seasonings, parsley, and egg.
10. Use your hands to combine the whole mixture.
11. Lay each cabbage leaf on a cutting board or a flat surface and take a portion of the meat mixture to stuff the cabbage. Then roll tightly into a roll and seal the edges so the filling won't escape from the sides.
12. Repeat the same thing with the rest of the cabbage leaves and
13. Repeat with remaining meat and cabbage leaves until all the meat mixture is used.
14. Preheat your oven to 350 F or 180 C degrees.
15. Grease a 9x13 inch casserole pan with cooking spray and place ½ of the fire-roasted tomato sauce at the bottom of the baking dish.
16. Place the cabbage rolls, seam side down, in the dish and top with the remaining sauce.
17. Cover with aluminum foil and bake for about 90 minutes or until the cabbage is tender.
18. Serve and enjoy.

Category

1. Grandma Recipes

Date Created

28/05/2025

Author

rauf