

Featured Ingredient... Cabbage



CABBAGE ROLLS

INGREDIENTS

Sauce:

- 1½ Tbsp olive oil
- ½ medium yellow onion
- 2 cloves garlic
- 1 - 15 oz can tomato puree
- 1 - 15 oz can diced tomatoes
- 1 Tbsp apple cider vinegar
- 1½ Tbsp brown sugar
- 1½ tsp salt
- 1 tsp pepper

Cabbage rolls:

- 1 medium head green cabbage
- 1.25 lbs 90/10 ground beef
- ½ med yellow onion
- 2 cloves garlic
- 2½ Tbsp olive oil
- 1 large egg
- 1 cup rice
- 1 Tbsp dried parsley
- ½ tsp paprika
- 1½ tsp salt

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Take off the outer layer of cabbage leaves. Over high heat, bring a large stock pot of water to boil. Add the whole head of cabbage and boil for 5 minutes. Remove to a colander to drain and cool. Once cooled, cut 1/2 inch off the stem end of the cabbage. Carefully remove leaves and cut the tough rib out of the stem end in the shape of a V.
3. Cook your rice 2 parts water to 1 part rice. Bring to a boil, then set on low for 20 minutes, or until all the water is absorbed.
4. Dice your onion. Mince your garlic.
5. Make the sauce: In a large skillet, heat olive oil over medium heat. Add the onion and cook for 2-3 minutes, stirring several times. Reduce heat to low and add garlic. Cook for 1 minute, stirring constantly. Remove half of the onions and garlic, setting aside on a small plate for the cabbage rolls. Add the tomato sauce, diced tomatoes, cider vinegar, salt, pepper, and brown sugar. Simmer for 10 minutes.
6. Spoon a thin layer of the tomato sauce into a 9 x 13-inch casserole dish.
7. In a large bowl, mix the ground beef, onion, olive oil, garlic, egg, rice, parsley, salt, and paprika. Place about 1/3 cup of the meat mixture in the center of each cabbage leaf, then roll by bringing in the sides first and roll up tight. Place the rolls on the tomato sauce in a single layer in the casserole dish. Repeat until all the cabbage rolls are made and in the casserole dish. Top with remaining tomato sauce.
8. Cover with aluminum foil. Bake in the oven for 80-90 minutes, then set aside to cool.

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FOLLOW THE FOLLOWING MODIFICATIONS TO REACH YOUR PERSONAL GOALS:

ALLERGY SUBSTITUTIONS

None, this recipe is already gluten free, dairy free, soy free, nut free, shellfish free, and kosher (if made with kosher meats and eggs). However, always check individual brand labels.

SPEED IT UP

If you want to save time and effort, use a jar of marinara sauce of your choosing. You may also find onion pre-chopped and use a garlic press to save time.

MAKE IT CHEAPER

This recipe is in its likely lowest cost form, but depending on sales, you may find jarred sauce less expensive than making it from scratch.

WEIGHT GAIN

Adjust the following ingredients and follow the rest of the directions.

Sauce: Reduce olive oil to 1 Tbsp.

Cabbage Rolls: Increase ground beef to 1.5 lbs, reduce olive oil to 1½ Tbsp, omit the egg, reduce rice to ¾ cup.

WEIGHT LOSS

Adjust the following ingredients and follow the rest of the directions.

Sauce: Increase olive oil to 2½ Tbsp.

Cabbage Rolls: Increase olive oil to 5½ Tbsp, increase rice to 1¾ cups.

SPORTS PERFORMANCE

Sauce: No modifications

Cabbage Rolls: Increase ground beef to 1.5 lbs, increase olive oil to 3½ Tbsp, increase rice to 2 cups.