

Stuffed Cabbages

My mom used to make these stuffed cabbages a lot but I never knew the recipe. Until last week, a friend of mine brought these to work and I asked her for the recipe. Check it out!

You'll Need:

2 heads of cabbage.
2 lbs of ground beef.
3 cups of cooked rice.
1 egg.
1 tsp of garlic.
1 tbsp of parsley.
2 slices of diced onion.
1 (15oz) can of crushed tomatoes.
 $\frac{1}{4}$ cup of tomato sauce.
Salt and pepper.

How to:

Preheat the oven to 375°.

In a pot of boiling water, put a head of cabbage and peel off the leaves one at a time.

Using a sharp knife, cut off the rough part on the end of the cabbage.

In a bowl, mix together the ground beef, rice, egg, garlic, parsley, onion, $\frac{1}{4}$ cup of tomato sauce, salt and pepper until well combined then place a small amount of the mixture on a cabbage leaf and roll up like a fajita.

Place the stuffed cabbages in a casserole dish the seam side down and pour the crushed tomatoes over the top.

Bake covered for 75 minutes then turn down the heat to 325° and bake for an additional 90 minutes.

Bonne Appétit!

Simple, easy and delicious! These stuffed cabbages are so

yummy, they make the perfect side dish! I usually use more sauce in the bottom of the casserole with two cabbage leaves to avoid burning.