



INGREDIENTS

- 500 g chopped meat
 - best to use half pork and half beef
 - If you are a vegetarian, use a soy or amaranth component for the filling, or even play around with lentils
- 2 eggs
- 1 red onion
 - you can use any color onion and I prefer the taste of the red ones
- Medium-large head of cabbage
 - I use savoy cabbage (verza in Italian) as its crinkly leaves are prettier and taste slightly sweet as opposed to bitter
- ½ cup of rice to mix in the meat
 - best if you cook this before and let it cool before mixing it into the meat
- Salt and pepper
- Thyme
- Tomato sauce
 - if you have plain homemade sauce on hand, use it! If not, a jar or a tetrapak will do. Just be sure to add the necessary spices to make it flavorful
- Oven paper and aluminum foil

INSTRUCTIONS

- Preheat the oven to 170 ° C /350 F
- In a large pot bring water to a boil
- While waiting for the water to boil, cut the stem out of the cabbage from the bottom
 - not need to cut the cabbage up, just gently drill out the stem
- When the water comes to a rolling boil add salt and put the cabbage in to par boil for about 3-5 minutes
- Remove the cabbage from the boiling water and run ice cold water over it to stop the cooking process
- Put the cabbage aside in a large bowl
- Dice onion
- Mix together the ground meat (or soy or lentils), eggs, salt, pepper, onions, & thyme
- Using a tablespoon, place little packets of the filling individually in each leaf; fold the tail of the leaf over the package, then fold in the sides and fold up the upper part of the leaf to close it and place it in a large glass oven dish seam side down
- Repeat until all the cabbage leaves are filled
 - you may use 2 small leaves to make one package as you get to the last bits
- Cover with the pasta sauce, spiced to taste
- Cover the whole dish with oven paper and then that with the aluminum foil
- Cook covered in the oven 50-60 minutes



Голубцы - Stuffed Savoy Cabbage

RECIPE

SERVING/NOTES

- This is a rich meal to have on a cold winter day or evening
- These freeze well, I usually make individual portions and keep 1-2 in the freezer for a quick, hot, nutritious meal in a pinch

Nutrition tips

Cabbage is filled with nutrients including vitamins B6, K, A, and C plus calcium, potassium, magnesium, and fiber. It also improves digestion and contributes to the reduction of inflammation. It's hearty richness makes it a psychological comfort food for some (me) too!

Enjoy!