



FROM FARM TO TABLE



Do you like cabbage? Be sure to try this recipe out after you have picked up some cabbage, along a couple other ingredients that you can find at your local farmer's market or grocery store.



DELICIOUS STUFFED CABBAGE ROLLS



- | | |
|---------------------------------------|-------------------------------|
| 1 large head of cabbage | |
| 3 Tbsp Olive oil | 2 1/2 pounds ground chuck |
| 2 onions | 3 eggs |
| 2 cans of crushed tomatoes with juice | 1/2 cup finely chopped onions |
| 1/4 cup red wine vinegar | 1/2 cup breadcrumbs |
| 1/2 cup of brown sugar | 1/2 cup uncooked rice |
| Pepper and salt | |

First off, heat the olive oil in a large pot while dicing the 2 onions. Cook the onions with the oil on medium heat for 8 minutes. Add the cans of tomato, vinegar and brown sugar along with a dash of salt and pepper. Set the sauce to simmer for 30 minutes.

Cut off the core of the cabbage with a paring knife. Immerse the head of cabbage in a pot of boiling water for a few minutes and peel off the leaves with tongs as they become flexible. You will need about 15 large leaves. Remove the triangular white rib from the bottom of each leaf with your paring knife.

For the inner stuffing, combine the chuck, eggs, chopped onion, breadcrumbs and rice in a mixing bowl along with a dash of salt and pepper. Add a cup of the sauce to the bowl and mix with a fork.

Preheat oven to 350 degrees. In a small casserole dish, add a cup of the sauce. Place about 1/2 cup of stuffing in an oval shape on the rib end of each cabbage leaf. Roll towards the top, tucking the leaf in underneath the stuffing. Place the rolls seam side down over the sauce. Pour the rest of the sauce over the rolls. Bake for 1 hour.