



Stuffed Cabbage Rolls

Serves four

- 1 small head cabbage
- 1 white onion – finely chopped
- 3 garlic cloves – minced + 6 whole smashed cloves
- 1 small chili pepper – seeded and membrane removed – finely chopped (optional)
- ½ a small bell pepper – finely chopped
- 2 TBS chopped parsley
- 1 tsp. paprika
- 2 tsp. ground cumin
- 1 TBS crumbled dried oregano
- 2 large tomatoes – peeled and diced
- ½ pound ground beef
- ½ cup uncooked rice
- 2 cups warm low sodium beef broth
- 1 TBS tomato paste
- 1 tsp. salt
- 1 tsp. black pepper

Trim the bottom of the cabbage and place in a large pot. Cover with water and bring to a boil. Turn heat off. All you want to do is soften the leaves so you can separate them without breaking them and make them pliable enough to roll. Cool down the cabbage so you can handle it and carefully separate the leaves. Set them aside.

Heat a skillet with some oil. Add the onion, garlic, chili pepper, bell pepper, parsley, paprika, oregano and cumin. Mix well and sauté for a few minutes. Turn the heat off and add the tomatoes, ground beef and raw rice. Mix well. Add salt and pepper. Place a cabbage leaf on a cutting board. Remove the hard core from the middle and cut in half. Place some of the filling in the middle of your leaf. Slide it down to the edge, and roll the leaf. Tuck in one end and roll. Tuck in the other end and finish rolling.

Once all your cabbage is rolled, place a meaty soup bone in the bottom of a pot. Gently organize all the cabbage rolls around the bone. Arrange the garlic cloves inside the cabbage rolls. Place a lid that is smaller than the pot on top of the cabbage. Press it down with a big, thoroughly washed rock. Dilute the tomato paste in the warm beef broth. Pour the liquid around the cabbage rolls. Bring pot to a simmer and cook cabbage for about 45 to 50 minutes. Carefully remove the rock and the lid from your pot. Serve these with Greek style yogurt. Enjoy!

CALORIES 302.20; FAT 12.14 grs (sat 4.4; mono 5.0; poly 0.48); PROTEIN 14.43 grs ; FIBER 4.64 grs; CARBS 34.53 grs; CHOLESTEROL 40.25 mg; IRON 3.24 mg; SODIUM 63.49 mg; CALCIUM 107.89 mg

