



Garden Fresh Farm Recipes

Old-Fashioned Cabbage Rolls

The fall garden has produced large farm fresh heads of cabbage. Cabbage leaves stuffed with beef, pork and vegetables covered with a creole seasoned tomato sauce and baked come together for a hearty cool weather dinner.

Ingredients:

- 2 Tbsp. Olive oil
- 1 small yellow onion, chopped
- 1 large celery stalk, finely chopped
- 1 Tbsp. minced garlic
- 2 cups beef stock
- 1 Tbsp. tomato paste
- 1 (15-oz.) can crushed tomatoes
- 3 tsp. Creole seasoning, divided
- 1 head cabbage, cored
- 8 oz. ground pork sausage
- 8 oz. lean ground beef
- 1 large egg, beaten
- 1 cup cooked long-grain white rice



Directions:

Preheat oven to 350°F.

Prepare the Sauce - Heat olive oil in a pan over medium-high heat. Add onion and celery and cook, stirring occasionally, until vegetables are tender, about 5 minutes. Add garlic. Cook, stirring constantly, until fragrant, about 30 seconds. Stir in beef stock, tomato paste, tomatoes, and 2 teaspoons of the Creole seasoning. Bring to a boil over medium-high heat. Reduce to a simmer over medium-low heat. Cook, uncovered and stirring occasionally, until sauce is thickened slightly and flavors have melded, 12 to 15 minutes. Remove sauce from heat, and set aside.



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Prepare the Cabbage - In another large pot place the cored cabbage head and fill with water until water is 2-3 inches above cabbage. Remove cabbage head and place the pot with water on high heat and bring to a boil.

Now, carefully place cabbage with cored side up in the boiling water and cook until cabbage leaves are softened, about 5 minutes. Using tongs, transfer cabbage to a cutting board. Remove the 8-10 largest leaves; place on paper towels, and pat dry, reserving remaining cabbage for another use. Cut out and discard ribs of leaves, leaving a "V" shape slit. Set cabbage leaves aside.

Prepare the Filling - In a skillet, cook the ground beef and pork over medium heat until browned. Drain excess fat. Stir in cooked rice, egg, 1 tsp. Creole seasoning and 1 cup of the cooked tomato vegetable sauce and mix gently until incorporated.

Assemble the Rolls - Evenly portion out filling into centers of cabbage leaves (about a heaping 1/4 cup per leaf). Starting at the base of each leaf where you cut the "V", fold end of leaf over filling, then fold in sides. Roll each leaf like a burrito into a tight cylinder.

Place cabbage rolls in rows in a baking dish. Top cabbage rolls evenly with remaining tomato vegetable sauce.

Cook the Rolls - Cover the dish with aluminum foil and bake in oven at 350°F for about 60 minutes, or until the cabbage is tender.

Serve - Allow the stuffed cabbage rolls to cool slightly before serving.

