

Polish Stuffed Cabbage Rolls: A Traditional, Hearty Comfort Food

classic, comforting, and deeply satisfying meal



OVEN
350°F

TIME
20 min

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INGREDIENTS

For the Cabbage Rolls:

- 1 large green cabbage
- 1 pound ground beef (or a mix of beef and pork)
- $\frac{1}{2}$ cup uncooked white rice
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 egg, beaten
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon paprika (optional)

For the Tomato Sauce:

- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can tomato sauce
- 1 cup beef broth (or water)
- 1 teaspoon sugar (to balance acidity)
- 1 teaspoon dried oregano or thyme

How to Make Polish Stuffed Cabbage Rolls:

1. Prepare the Cabbage:
2. Cook the Rice:
3. Make the Filling:
4. Assemble the Cabbage Rolls:

Lay a cabbage leaf flat and place about 2 tablespoons of filling near the base.

Fold in the sides and roll tightly, like a burrito.

Repeat with the remaining leaves and filling.

5. Prepare the Tomato Sauce:

6. Simmer the Cabbage Rolls:

7. Serve and Enjoy:

My Best Tips for Perfect Stuffed Cabbage Rolls:

Use a mix of beef and pork - This adds richness and extra tenderness to the filling.

Don't overfill the cabbage leaves - Too much filling can make rolling difficult.

Make it ahead - Stuffed cabbage tastes even better the next day!

Freeze leftovers - Store in an airtight container for up to 3 months.

What to Serve with Polish Cabbage Rolls:

Mashed potatoes - A creamy side that pairs beautifully with the tomato sauce.

Sour cream - A dollop adds a cool, tangy contrast.

DIRECTIONS

1. Prepare the Cabbage: Bring a large pot of salted water to a boil. Carefully place the whole cabbage head into the boiling water and let it simmer for 5-7 minutes, or until the outer leaves soften.
2. Remove the cabbage and gently peel off 12-15 large leaves, setting them aside. If the inner leaves are still firm, return the cabbage to the boiling water for another 2-3 minutes to soften further.
3. Cook the Rice: In a small saucepan, cook the rice according to package instructions. Let it cool slightly before mixing with the filling.
4. Make the Filling: In a large bowl, combine the ground beef, cooked rice, chopped onion, garlic, egg, salt, pepper, and paprika. Mix everything until well incorporated.
5. Assemble the Cabbage Rolls: Lay a cabbage leaf flat and place about 2 tablespoons of filling near the base.
6. Fold in the sides and roll tightly, like a burrito.
7. Repeat with the remaining leaves and filling.
8. Prepare the Tomato Sauce: In a large skillet or Dutch oven, combine the crushed tomatoes, tomato sauce, beef broth, sugar, salt, black pepper, and oregano. Simmer over low heat for 5 minutes.
9. Simmer the Cabbage Rolls: Place the cabbage rolls seam-side down into the tomato sauce, stacking them if needed. Cover and let them simmer on low heat for 1 hour, or until the cabbage is tender and the filling is fully cooked.
10. Serve and Enjoy: Serve warm, spooning extra sauce over the cabbage rolls. Enjoy with mashed potatoes, rye

bread, or a simple side salad.

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15. What to Serve with Polish Cabbage Rolls: Mashed potatoes - A creamy side that pairs beautifully with the tomato sauce.
16. Sour cream - A dollop adds a cool, tangy contrast.
17. Crusty bread or rye bread - Perfect for soaking up the sauce.
18. Roasted vegetables - Carrots or Brussels sprouts work well.
19. FAQs: Can I make these cabbage rolls ahead of time? Yes! You can assemble the cabbage rolls a day in advance and refrigerate them. Just reheat in the sauce before serving.
20. What's the best way to store leftovers? Store in an airtight container in the fridge for up to 4 days. Reheat on the stovetop or in the microwave.
21. Can I bake these instead of simmering on the stove? Yes! Place the cabbage rolls in a baking dish, cover with sauce, and bake at 350°F (175°C) for 1 hour.
22. These : Polish Stuffed Cabbage Rolls (Golabki) are the ultimate comfort food, packed with savory flavors and slow-simmered goodness. Whether you're making them for a family dinner, special occasion, or meal prep, they're sure to be a hit.
23. Give them a try and let me know how they turn out!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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