

# Stuffed Cabbage

- 1 cabbage
- 1 pound hamburger
- 1 chopped yellow onion
- 1/2 cup finely chopped fresh parsley
- 1 stalk celery heart, diced
- 2 cloves garlic, minced
- 3/4 cup uncooked rice
- 16 ounces tomato sauce
- 8 ounces tomato paste
- 2 teaspoons [Italian seasoning](#) <sup>[1]</sup>
- optional: raisins to taste
- 1+ tablespoon honey
- optional: sour cream

Bring a large quantity of water to a boil. Meanwhile, remove and toss out the core and bottom portion of the cabbage head (or reserve it to fry up with other goodies at some other time). Once the water is boiling, throw in the head, and cover. After 5 minutes, remove the covered pot from the heat. Leave the cabbage soaking for 20 minutes more.

Preheat oven to 350 degrees Fahrenheit.

Combine hamburger, onion, parsley, celery, minced garlic, uncooked rice, 8 ounces tomato sauce, 8 ounces tomato paste, 1 teaspoon Italian seasoning, and optionally raisins and honey to taste.

Remove 9 of the larger inner leaves from the cabbage. One by one, place about 1/9th of the meat mixture within a leaf, and fold, tucking the ends together. Place all of the stuffed leaves, seam side down, inside a roasting pan (preferably glass or ceramic).

Combine the remaining 8 ounces of tomato sauce, 1 teaspoon Italian seasoning, honey, and 1/2 cup water. Pour over the cabbages, moistening the leaves.

Cook for one hour.

Serve with [noodles](#) <sup>[2]</sup> or [spaetzle](#) <sup>[3]</sup> or rice. Can be served with sour cream.

Serves: 4 to 9

Preparation time: 90 minutes

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