

SARMALE

DIRECTIONS:

1. Cook rice on stove according to package directions. When it is finished cooking, set aside to cool.
2. Meanwhile, fill a large pot with enough water to cover the cabbage and bring to a boil. Remove the core from the cabbage and place the whole head in the pot. Cover and cook for 3 minutes, until soft enough to pull off individual leaves. Drain pot and set aside cabbage to cool. Reserve 3 ¼ cups of water, if possible.
3. When cabbage is cool enough to handle, remove approximately 20 leaves. Use a paring knife to cut away the thick center stem of each leaf while keeping them otherwise in one piece. Chop any remaining bits of cabbage, mix with sauerkraut, and set aside.
4. In a large skillet or pan, add 1 tablespoon of olive oil. Cook the diced onion, stirring frequently, until softened and translucent, about 5 minutes. Add carrots and garlic and cook for another minute. Raise heat to medium-high and add mushrooms. Stir occasionally and cook until mushrooms are soft and their liquid has evaporated, up to 10 minutes. Remove from heat.
5. In a large bowl, combine ground pork with rice, vegetable mixture, dill, parsley, thyme, ½ teaspoon black pepper, and red pepper (if using). Add ¼ cup of water and stir until incorporated.

6. In another large bowl, combine 1 cup sauerkraut liquid, 3 cups water, bay leaves, tomato sauce, 1 teaspoon black pepper, smoked paprika, and paprika. Set aside.
7. On a plate or other flat surface, set a cabbage leaf with the cut core closest to you. Spoon about 1/3 cup of filling (depending on size of leaf) onto the cabbage leaf. Fold the right and left side of the leaf to overlap slightly in the middle. Hold the folded sides in place as you roll the leaf with filling away from you, creating a tight roll. Set aside and repeat with remaining leaves and filling.
8. Pour 1 tablespoon of olive oil in a large pot or heavy-bottomed skillet. Spread sauerkraut mixture evenly across bottom of pot followed by an even layer of stuffed cabbages. Pour over remaining 1 tablespoon of olive oil and cooking liquid. If cabbage isn't covered with liquid, add more water. If the pot is not large enough to fit all rolls, you can cook them in 2 separate pots, splitting the components evenly between the 2 pots, or cook them in 2 layers in 1 pot. To cook rolls in 2 layers, begin with 1 tablespoon of olive oil, then add half of the sauerkraut, half of the rolls, the remaining sauerkraut, the remaining rolls, and then top everything with the cooking liquid and another 1 tablespoon of olive oil.
9. Set pot on the stove, cover and bring to a boil. Crack lid slightly, then reduce to low heat and cook for 2–3 hours, until tender and liquid has reduced by half. Check roughly every 30 minutes in case you need to add more water to prevent burning.
10. When finished cooking, remove the bay leaves and serve warm over polenta or more brown rice (with no added salt). You may also garnish with plain yogurt and/or chopped parsley.

INGREDIENTS:



- ½ cup uncooked brown rice (preferably short grain)
- 1 large head green cabbage (you'll only use the 16–20 largest outer leaves), roughly 3 pounds
- 3 cups sauerkraut, drained and squeezed dry (reserve 1 cup juice for cooking liquid)
- 3 tablespoons extra virgin olive oil, divided
- 1 large onion, diced
- 1 large carrot, grated
- 1 large clove garlic, minced
- 4 ounces mushrooms (e.g., cremini), diced
- 12 ounces lean ground pork (or other ground meat of choice)
- ¼ cup fresh dill, chopped
- ¼ cup fresh parsley, chopped
- 1 teaspoon fresh thyme leaves
- 1 ½ teaspoons black pepper, divided
- 1/4 teaspoon crushed red pepper (optional)
- 3 ¼ cups water, divided (or reserved cabbage water)
- 3 dried bay leaves
- 8 ounces tomato sauce, no salt added
- ½ tablespoon smoked paprika
- 1 tablespoon paprika

5 HOURS
30 MIN

SERVES 6

Nutrition Facts

341 calories | 17g fat | 5g saturated fat | 858mg sodium
| 39g carbohydrate | 11g fiber | 15g sugar | 17g protein