

GERMAN KOHLROULADEN (CABBAGE ROLLS)

Ingredients

1 large head of green cabbage	½ tsp black pepper
1 lb ground beef	½ tsp ground nutmeg
½ cup finely chopped onion	½ cup cooked rice
½ cup breadcrumbs	1 cup beef broth
¼ cup milk	1 can (14 oz) crushed tomatoes
1 large egg	2 Tbsp tomato paste
2 cloves garlic, minced	2 Tbsp vegetable oil
1 tsp salt	Chopped fresh parsley

Directions

- 1. Prepare Cabbage Leaves:** Bring a large pot of water to a boil. Carefully remove the core from cabbage and immerse the whole head in the boiling water.
2. After about 5 minutes, carefully peel off the outer leaves with tongs as they become tender. Continue until you have 8-10 large leaves. Set aside.
- 3. Prepare the Filling:** In a large mixing bowl, combine ground beef, chopped onion, breadcrumbs, milk, egg, minced garlic, salt, black pepper, nutmeg, and cooked rice. Mix well until all ingredients are evenly incorporated.
- 4. Assemble the Kohlrouladen:** Place a cabbage leaf on a flat surface and spoon a generous portion of the meat mixture
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Directions, cont.

(**cont.**) onto the center of the leaf. Roll the cabbage leaf, tucking in the sides, to form a neat roll. Repeat with the remaining leaves and filling.

5. **Cook the Kohlrouladen:** In a large skillet, heat vegetable oil over medium heat. Place the cabbage rolls seam side down in the skillet and cook until browned on all sides.

6. In a separate bowl, mix beef broth, crushed tomatoes, and tomato paste. Pour the mixture over the cabbage rolls.

7. Bring to a simmer, then cover and let cook for about 40-45 minutes or until the cabbage is tender and the meat is cooked through.

8. **Serve:** Carefully transfer the Kohlrouladen to serving plates. Spoon some of the tomato sauce over each roll.

9. Garnish with chopped fresh parsley, if desired.