

Stuffed Cabbage

Oven 350°

- 2 cups brown or basmati rice
- 1 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1 tablespoon olive oil
- 8 ounces shitake, oyster, and/or portabella mushrooms, chopped
- Vegetable stock
- 2 carrots, finely chopped (about 1/4 inch square)
- 2 broccoli stems, finely chopped
- 2 celery stalks, finely chopped
- 1 medium-to-large onion, finely chopped
- 1 tablespoon minced garlic
- 1 head green, red, or Napa cabbage
- 2 cups marinara sauce
- 1 cup diced tomatoes



The stuffing for this cabbage dish takes about an hour to prepare. Prepare your rice as directed on the label. I prefer basmati rice for the light texture, but any kind will work. When the rice is done cooking, add the spices, mix well, cover, and let sit.

Sauté the mushrooms in olive oil until browned. Add to the rice mixture.

Sauté the vegetables in 1/2 cup vegetable stock. Add the vegetables in this order to allow for them all to cook: carrots, broccoli, celery, onion, and finally the garlic. As you're cooking, add more stock as need to make sure the vegetables don't burn. Add the vegetables to the rice mixture and stir. The stuffing is now ready.

Prepare the cabbage leaves by removing one leaf at a time and cutting off the woody part; green or red cabbage will give you the most surface area, while the Napa will have a lighter flavor. Once you've rinsed the leaves, slightly steam them for 2 minutes in the microwave or on the stove. Remove and plunge in cold water to stop the cooking process.

Lay out one leaf and add 1/4 to 1/2 cup of the stuffing mixture. Roll up any way you think works. I favor the burrito approach, but as long as you can pick up the cabbage roll without everything spilling out, that's fine.

Place the cabbage rolls next to each other in a large casserole dish. Cover the cabbage rolls with your favorite tomato sauce; I use a marinara sauce with added diced tomatoes, but use what you like. Cover the casserole and bake at 350° for 45 minutes.