

# **St. Mary's Preparatory Polish Country Fair Goblaki (Stuffed Cabbage) Recipe**

St. Mary's Preparatory Chef Emily Vannest

## **INGREDIENTS:**

1 head cabbage  
1 pound ground beef  
1/2 pound ground pork  
16 ounces tomato sauce  
8 ounces fresh diced tomatoes  
2 cups cooked white rice  
2 whole eggs  
1 Spanish onion, finely chopped  
2 Tablespoons margarine  
Salt and pepper, to taste

## **DIRECTIONS:**

Prepare a pot of boiling water on the stove. Slice off the stem portion of the cabbage head and cut out the core. Put the cabbage head in boiling water and remove the leaves as they soften and peel from the cabbage. Set aside for later use.

Sauté the onions in the margarine until soft and do not brown. In a mixing bowl, add the onions, ground beef, ground pork, rice, eggs, and salt and pepper, mix by hand.

For the sauce, mix the tomato sauce and the diced tomatoes and mix. Add salt and pepper to taste.

Place about 1/3 cup of the meat mixture in the center of a cabbage leaf and roll. Place the meat rolls in a casserole dish and pour the tomato sauce over the rolls. Cover dish, bake cabbage rolls at 300 degrees for 2 hours. Internal temperature should reach 165 degrees.

**ENJOY!**