



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Stuffed Cabbage

Visit Nonna at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. In this recipe Nonna uses her Aunt Annette's family recipe. Aunt Annette immigrated to the US from Hungary and brought this and many other recipes with her! Nonna, of course, has difficulty following any recipe and has modified this one accordingly. The recipe's bulk follows Aunt Annette's original recipe, but Nonna adds some of her own Italian heritage and Southern tastes to the dish! Overall, this is a relatively simple and certainly tasty dinner even your most picky eaters will love!

Ingredients:

- 1 large cabbage
- 2 jars mutti puree
- 1 lb ground pork
- 1 lb ground turkey
- Uncle Paulie's Salt
- Dan Pastorini's Garlic and Herb seasoning
- Dan Pastorini's Texas rub
- 1 large garlic head (diced)
- 1 medium onion (chopped)
- 2 medium tomatoes (diced)
- 1 cup sheep's milk Romano cheese (grated)
- 1 cup Mozzarella (or thereabouts) (sliced in thin squares or shredded)
- 1 cup white rice
- 1 can beef broth (optional)
- 2-3 tablespoons olive oil (for browning meat)

Preparation:

1. Core cabbage and steam for about 30 min. You'll know it is ready when the outer leaves start falling off and are bendable. Let sit in covered pot another 15 minutes or so.
2. Brown the meat. Pour the olive oil into a pot and add the turkey, pork, onion, garlic, and tomatoes. Brown the meat the ingredients together for better flavor. After the meat is browned, you can drain excess fluid from the pot, but it is not necessary. Add one puree bottle and about a cup of water or the beef broth. Also add the rice. Mix everything thoroughly. Cover and simmer for about 30 minutes or until rice is cooked through.
3. Pre-heat oven to 375 degrees. Take cabbage out and pull off leaves carefully. The cabbage will be hot, you will have to let it cool.
4. Let rice and meat mixture cool until it can be handled without burning you.
5. Fill cabbage leaf with meat and rice mixture. Roll the cabbage and put in casserole dish.
6. Pour the second puree bottle over the cabbage rolls and spread it out.
7. Cook at 375 degrees for about half an hour.
8. When cooked removed from the oven and sprinkle the Romano cheese and put mozzarella on top, put back in over for 5 minutes till cheese is good and melted. Watch carefully as you don't want to the cheese to burn.

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