

Sarmale (Stuffed Cabbage Rolls)

Tender cabbage leaves filled with a delightful mixture of ground meat, rice, and spices, cooked in a zesty tomato sauce. A comforting Romanian classic to nourish the soul.


60 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 1 cabbage leaf
- 100g ground meat
- 2 tbsp rice
- 1/2 onion, finely chopped
- 1 garlic clove, minced
- 1/2 tsp paprika
- 1/4 tsp dried thyme
- 1/4 tsp dried dill
- Salt and pepper to taste
- 200ml tomato sauce
- 1 cup vegetable broth

Steps

- 1 Blanch cabbage leaves in boiling water for 2 minutes. Remove and set aside.
- 2 In a bowl, mix ground meat, rice, onion, garlic, paprika, thyme, dill, salt, and pepper.
- 3 Place a spoonful of the meat mixture on a cabbage leaf, roll it up, tucking in the sides.
- 4 Arrange the cabbage rolls in a pot, seam side down.
- 5 Pour tomato sauce and vegetable broth over the rolls.
- 6 Cover and simmer on low heat for 45 minutes.
- 7 Serve hot and enjoy!