

# Stuffed Cabbage

*with Bulgur & Sweet-and-Sour Tomato Sauce*

This Eastern European favorite gets its signature flavor from a sauce that balances sweet and sour. Though it's traditionally a meat dish, we've substituted bulgur wheat, walnuts and a little bit dried fruit for a protein-rich, satisfying stuffing. For the sauce, feel free to add the sugar slowly and taste as you go, until you've reached your ideal level of sweetness.



## Ingredients

- 3 Prunes
- 2 Cloves Garlic
- 1 Bunch Parsley
- 1 Shallot
- ½ Head Green Cabbage
- ⅓ Cup Walnuts
- 1 Cup Bulgur
- ¼ Cup Tomato Paste
- ⅓ Cup Ketchup
- 1 ½ Ounces Vegetable Demi-Glace
- 1 Tablespoon Sugar
- 1 Tablespoon Red Wine Vinegar



Makes 2 Servings  
About 670 Calories Per Serving



# Instructions



## *Prepare the ingredients:*

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat one large and one small pot of salted water to boiling on high. Finely chop the prunes. Peel and mince the garlic and shallot. Pick the parsley leaves off the stems. Cut out the core from the cabbage, leaving the rest of the head intact. Roughly chop the walnuts.



## *Cook the bulgur:*

Once the small pot of water is boiling, add the **bulgur**. Simmer for 14 to 16 minutes or until tender. Drain and return to the pot.



## *Cook the cabbage:*

While the bulgur cooks, add the **cored cabbage** to the large pot of boiling water and cook 4 to 5 minutes, or until softened and pliable. Drain thoroughly and set aside. Rinse and dry the pot.



## *Make the sauce:*

In the same pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **shallot** and cook 1 to 2 minutes, or until softened. Stir in the **tomato paste, ketchup, vegetable demi-glace, sugar, red wine vinegar** and **1 cup of water**. Bring the mixture to a boil, then reduce the heat to medium. Simmer 7 to 10 minutes, or until slightly thickened; season with salt and pepper to taste. Remove from heat and stir in **half of the parsley** (chopping before adding, if you'd like).



## *Make the filling:*

While the sauce is simmering, make the filling. Stir the **prunes, walnuts, ½ cup of sauce** and a **drizzle of olive oil** into the **cooked bulgur**. Season with salt and pepper to taste.



## *Stuff the cabbage & bake:*

Cover the bottom of a baking dish with a thin layer of **tomato sauce**. Separate the **cooked cabbage leaves**, then, working 1 leaf at a time, place 3 tablespoons of filling in the center of the leaf, roll tightly and place in the baking dish, seam side down. Cover the stuffed cabbage rolls with the **remaining tomato sauce** and place the filled baking dish on a sheet pan. Bake 15 to 17 minutes, or until the sauce is bubbling and the rolls are heated through. Remove from the oven and let stand for at least 5 minutes. Garnish with the **remaining parsley**. Enjoy!