



# Taste of Ukraine: **HOLUBTSI (UKRAINIAN CABBAGE ROLLS)**



 6-8 servings

## INGREDIENTS

- 1 large head of cabbage
- 1 lb ground beef (or mix of beef & pork)
- 1 cup uncooked rice (rinsed)
- 1 medium onion, finely chopped
- 2 carrots, grated
- 2 tbsp sunflower or vegetable oil
- 2 cups tomato sauce (or crushed tomatoes)
- 1 cup broth (vegetable or chicken)
- Salt & pepper to taste
- Optional: fresh dill or parsley for garnish, sour cream for serving

## DIRECTIONS

1. Prepare the cabbage: Core the cabbage and boil gently for 5-7 minutes until leaves soften. Carefully peel off whole leaves. Trim the thick vein at the base of each leaf.
2. Make the filling: In a pan, sauté onion and carrot in oil until golden. Mix with raw ground meat, rice, salt, and pepper.
3. Fill and roll: Place 1-2 tbsp of filling on each cabbage leaf. Fold the sides and roll tightly, tucking in ends.
4. Arrange and cook: Place rolls seam-side down in a pot. Pour tomato sauce and broth over the rolls until mostly covered.
5. Simmer: Cover and cook gently on low heat for 1.5-2 hours.
6. Serve: Garnish with fresh herbs and serve with sour cream.

**Tip:** Holubtsi tastes even better the next day once the flavors blend!