

Stuffed Cabbage Rolls {Polish-style Górkki}

Yield: 4 min
Total Time: 360 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-recipe-for-stuffed-cabbage>

Ingredients:

- 1 head cabbage
- 1 1/2 pounds ground beef or ground turkey; see notes
- 1/2 cup rice
- 1 medium onion finely chopped, 1 to 1 1/2 cups
- 1 1/2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger
- 1 teaspoon lemon zest OPTIONAL
- 1 large egg
- 12 ounces tomato sauce canned
- 1/3 cup sugar *see notes
- 3 tablespoons fresh lemon juice
- 3 tablespoons flour I use Wondra: it doesn't get clumpy
- 1/4 teaspoon ground ginger
- 1/2 teaspoon Tabasco Sauce *see notes

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 170 milligrams
4. Fat: 29 grams
5. Fiber: 8 grams
6. Protein: 39 grams
7. SaturatedFat: 11 grams
8. Sodium: 1120 milligrams

9. Sugar: 26 grams
 10. TransFat: 1.5 grams
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