

Stuffed Whole Cabbage

Yield: 9 min

Total Time: 340 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-with-bacon-and-shallots-recipe>

Ingredients:

- 4 tablespoons butter
- 1 1/2 cups onions finely chopped
- 1/2 cup shallots finely chopped
- 1 cup leeks chopped, white and pale green parts
- 1/2 cup carrots finely chopped peeled
- 1/2 cup chopped celery finely
- 1 tablespoon chopped fresh thyme
- 1 tablespoon minced garlic
- salt
- freshly ground black pepper
- 2 cups fresh breadcrumbs
- 1/2 cup whole milk Greek yogurt plain, or sour cream
- 1 pound ground beef 80% lean
- 1/4 pound ground veal or pork
- 1/2 pound smoked ham or mild, cut into 1/2-inch dice
- 1/2 pound sausages mild Italian fennel, removed from the casings
- 1/2 pound chicken livers finely chopped, optional
- 8 chard large leaves, stems removed, blanched in boiling water until wilted, squeezed dry and chopped
- 2 large eggs
- 1 head savoy cabbage at least 8 inches in diameter and about 2 1/2 pounds
- butter
- 4 bay leaves
- 4 bacon slices thick-cut, cut in half crosswise
- 3 cups homemade beef stock or canned low-sodium chicken broth, plus more if needed
- 1 cup dry white wine such as Vouvray
- 1 cup Italian plum tomatoes canned crushed or pureed
- 1 teaspoon finely chopped fresh thyme
- 1/2 cup crème fraîche or sour cream, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 235 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 14 grams
8. Sodium: 1180 milligrams
9. Sugar: 7 grams
10. TransFat: 0.5 grams

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