

Dr. Nedd's Hungarian Stuffed Cabbage Rolls Recipe

INGREDIENTS:

- 60 oz jar K & M Cabbage Leaves (Tommy's Produce)
- 1 pound ground beef
- 1 pound ground pork
- 1 spiral slice of ham, half diced and half sliced in strips
- 2 eggs beaten
- 1 small onion diced
- 1 cup Indian basmati white rice (uncooked)
- 2 cloves garlic minced
- 1 tbsp caraway seeds
- 3 tbsp Hungarian paprika
- Salt and pepper, to taste
- 2 cups sauerkraut
- 1 ½ cups of water
- 1 container of sour cream

DIRECTIONS:

1. In a mixing bowl, combine the beef, pork, diced ham, eggs, onion, rice, garlic, caraway seeds, paprika, and salt and pepper and mix well with your hands.
2. Pour liquid out of cabbage leaves jar, then pull out one set of rolled up leaves and unravel them into single flat leaves on counter.
3. Add 2-4 tbsp or more of mixture (depending on size of leaf) onto the leaf and roll up, tucking in the side to seal the filling within the cabbage leaf.
4. Repeat with the remaining filling mixture and cabbage leaves.
5. Transfer into pressure cooker (Instant Pot or Power Pressure Cooker) and set on Soup/Broth or Soup/Stew setting on high for 20 minutes. (Alternate cooking method = bake at 350° for 1 hr. Use cooked rice instead.)
6. Add water, sprinkle sauerkraut throughout, and add remaining ham strips.
7. You can also add another tsp of caraway seeds for good measure.
8. Seal the lid and wait 5 minutes when timer indicates it's finished to do the pressure release.
9. Carefully transfer roll(s) to dinner plate with some sauerkraut and ham. Serve with sour cream on top. Enjoy!