



Polish Golapki Cabbage Roll Stew (from leftovers)

Use the leftovers ingredients from making cabbage rolls

1 Tablespoon olive oil

4 cups (cooked beef and pork with rice) cabbage rolls filling mixture

Leftover softened cabbage leaves from cabbage rolls

1 cup chicken broth or stock

1/2 cup canned crushed tomatoes

Garnish: 4 small dollops sour cream or thick plain yogurt

Chopped parsley as desired

Preheat oven to 350 degrees F. Grease 4 (1 cup) oven safe mini casserole cups or ramakins with oil.

Place 1 cup cooked meat mixture into bottom of each dish. Coarse chop softened cabbage leaves; spoon over meat mixture.

In a small container, combine chicken broth and crushed tomatoes; spoon over cabbage layer; cover each casserole cup.

Place on shallow baking pan; bake in 350-degree oven for about 30 minutes or until hot. Remove from oven; cool 5 minutes.

Top center of each stew with dollop of sour cream or plain thick yogurt. Garnish each with a sprinkle of chopped parsley. Serve warm.

Yield: serves 4

Cook's Note: The English language doesn't have the letter sound indicated for the correct Polish spelling. Some people call them pigs in a blanket. and others say cabbage rolls. Two different spellings appear (Polish golabki) or golumpki. See: <https://www.plattertalk.com/golumpki-goabki-stuffed-cabbage/>

About the Recipe: I love the little 1 cup oven dishes that look just like Dutch Oven containers. Using the leftover ingredients from cabbage rolls, you can easily prepare these quick little pots of stew or soup. They are easy to make and taste delicious. You might even find that other leftovers can be created into mini soups and stew. Such fun!

If leftovers are not available, follow this From Scratch Recipe to prepare meat filling and cabbage ingredients.

Polish Golapki Cabbage Roll Stew

1 slice thick bacon
2 Tablespoons vegetable oil, divided
1/3 cup chopped onion
1/4-pound ground pork
1/4-pound ground beef
1 garlic clove, minced
1/2 cup cooked rice
2 Tablespoons chopped fresh parsley
Salt and ground black pepper to taste
2 cups fresh shredded cabbage coleslaw
3/4 cup crushed tomatoes
1 cup chicken stock or as needed
Salt and freshly ground black pepper to taste

Prepare the “from scratch” meat filling:

In 10-inch hot skillet, brown bacon until crispy; remove; cool, cut in pieces; set aside.

Place oil in skillet, sauté onion to soften; add crumbled pork, crumbled beef, and minced garlic; cook on medium heat stirring frequently for 10 to 15 minutes until lightly browned. Stir in cooked rice and parsley. Season with salt and ground black pepper. Set aside.
You will have about 2 cups meat mixture.

Heat remaining 1 Tablespoon oil in same skillet; add cabbage coleslaw; stir fry until warm; season with salt and black pepper. Set aside.

Follow the directions for preparing the cups and baking Golumpki Cabbage Roll Stew above. It will serve 4.