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by Cheryl Jabz

The Story Behind Bubbie's Stuffed Cabbage

Stuffed cabbage is one of those dishes that seems to carry a little piece of family history in every roll. For generations, families across Eastern and Central Europe have wrapped humble cabbage leaves around hearty fillings of meat, rice, onions, and seasonings. Recipes traveled with families as they moved to new countries, changing along the way depending on what ingredients were available and what each cook loved.

In many homes, stuffed cabbage became a dish reserved for Sunday dinners, holidays, and big family gatherings. It wasn't fancy food—it was comforting food. A single head of cabbage could be stretched into a generous meal, while rice helped make a little meat feed a whole table.

What makes stuffed cabbage especially wonderful is that no two family recipes are quite the same. Some are sweet and sour, some use tomatoes, others sauerkraut, and some are slowly simmered for hours. Bubbie's version brings that old-fashioned tradition into her own kitchen with seasoned beef, rice, herbs, Parmesan, and rich spaghetti sauce.

Perhaps that's the real secret of stuffed cabbage: the recipe may change from one generation to the next, but the tradition of gathering around the table stays the same.



Bubbie's Thought:

Some of the best family recipes aren't measured only in cups and teaspoons—they're measured in memories.



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