



Stuffed Brussel Sprout Leaves

Serving:

8-10

Ingredients:

Filling

- 1 lb. ground beef
- 1/2 c. cooked brown rice
- 3/4 t. salt
- freshly ground pepper
- 1 egg
- 2 T. bread crumbs
- 2 T. ras el hanout (Middle Eastern seasoning)
- 1 finely chopped leek (not the dark green part) or 1 small onion, grated

Sauce

- 3 T. olive oil
- 28 oz. can crushed tomatoes
- 5 1/2 oz. can tomato paste
- 8 oz. can tomato sauce
- 4-5 cloves chopped garlic
- 1 chopped onion or 1 stalk chopped leeks (all but the dark green)
- 2 T fresh lemon juice
- 1/4-1/2 c. brown sugar (to taste)
- salt and pepper (to taste)

wrappers

- 15-20 leaves from the top of a stalk of brussel sprouts

Directions:

Sauce

Warm olive oil in a broad bottom sauce pan.

sauté onion or leeks until softened. Add chopped garlic and cook until softened but not brown.

Combine 3 cans of tomato sauce, lemon juice, brown sugar, salt and pepper. Stir and simmer until combined.

Add 1/2-3/4 c. water if sauce thickens too much. There should be enough sauce for all stuffed leaves to fit into bottom of wide bottomed pot. A second layer is ok but be sure there is enough sauce to dot on top.

Meat mixture

Mix all ingredients in a bowl. The mixture should be well integrated and chunky.

Assemble

wash and pat dry each leaf. Lay leaves out on a flat surface or plate. Put a small amount of rice/meat filling towards the end of each leaf and roll, tucking in the sides, if possible.

Place each rolled leaf, seam side down, in simmering sauce. Arrange all rolled leaves neatly in the bottom of pan.

Cover and simmer gently for 45 minutes.