Eastern European Recipes

Red Cabbage Soup

1 tablespoon olive oil  
1 large onion, thinly sliced
4 cloves garlic, chopped  
1 pound red cabbage, thinly sliced
4 stalks celery, thinly sliced  
¾ cup vinegar
1 tablespoon caraway seeds  
6 cups chicken broth
½ cup tomato puree  
1 teaspoon black pepper
½ teaspoon dried thyme  
1 ½ cups cooked great northern beans
Salt to taste

In a large saucepan, heat the oil over medium heat. Add the onion and garlic. Stir, cover the pan and cook for 10 minutes, stirring frequently. Add the cabbage, celery, vinegar and caraway seeds. Cover and cook for 10 minutes, stirring frequently. Add the broth, tomato puree, pepper, and thyme. Cover and simmer 20 minutes. Stir in the beans and heat through. Add salt to taste. Add a dollop of sour cream and a sprinkling of green onions when served, if desired. Makes 6 servings.

Each serving provides 185 calories, 11 grams protein, 25 grams carbohydrate, 6 grams fat, 206 milligrams sodium, 7 grams fiber.

Polish Pumpkin Soup

2 -14 ounce cans pumpkin  
4 cups water
4 cups chicken broth  
1 carrot, peeled and grated
1 cup half and half  
Salt and pepper to taste

In a large saucepan, combine pumpkin, water, broth and carrot. Bring to a boil. Reduce heat, cover and cook until vegetables are soft. Add half and half to soup and warm. Serves 8.

Each serving provides 66 calories, 1 gram protein, 6 grams carbohydrate, 5 grams fat, 394 milligrams sodium, .7 grams fiber.
**Eastern European Apple Butter**

1 pound any variety apples, washed, quartered and cored  ½ cup water

½ to 1 cup sugar  ¼ teaspoon cinnamon

¼ teaspoon ginger  ¼ teaspoon nutmeg

1/8 teaspoon cloves

In a medium saucepan, combine apples and water. Bring to a boil, reduce heat to very low and simmer until apples look like applesauce, stirring occasionally. Mash the puree through a strainer or sieve. Mix puree with sugar and spices. Place the sweetened mixture in a microwave safe bowl and cook for 20 minutes at a time, stirring frequently until thick enough so the butter does not run off a spoon when turned upside down. Place finished apple butter in covered container and refrigerate for up to 3 weeks or freeze it for up to one year. Optional: If you choose to can the apple butter, place the hot apple butter into hot sterilized jars, leaving ¼ inch headspace. Cover with hot sterilized lids and rings. Process in a water bath for 10 minutes. Remove to kitchen counter and allow to cool before storing in a cool, dry place. Makes 1 pint apple butter.

*Each serving provides 34 calories, .1 grams protein, 9 grams carbohydrate, 0 grams fat, 5 milligrams sodium, .5 grams fiber.*

**Eastern European Kotlety**

1 1/3 pounds lean ground beef  2/3 cup cracker crumbs

1 small onion, minced  1 egg, well beaten

1 tablespoon milk  1 clove garlic, minced

1 ¼ teaspoons salt  ½ teaspoon pepper

½ cup vegetable oil for frying

Mix ground beef, cracker crumbs, onion, egg, milk, garlic, salt and pepper in a large bowl until evenly blended. Shape meat mixture into 12 patties about 1 ¼ inch thick. Heat vegetable oil in large skillet over medium high heat. Fry patties until golden brown, about 2 minutes on each side. Reduce heat to low and continue cooking until patties are no longer pink in the center, about 20 minutes. Remove patties from skilled and drain on paper towels until ready to serve. Makes 6 servings.

*Each serving provides 338 calories, 22 grams protein, 19 grams carbohydrate, 19 grams fat, 620 milligrams sodium, .7 grams fiber.*
**Polish Rice Cake**

2 cups long grain white or brown rice  
6 cups skim milk

1 teaspoon salt  
1 cup butter

1 (8 ounce) package cream cheese  
3 eggs

1 cup half and half cream  
1 teaspoon vanilla extract

1 cup flour  
1 teaspoon baking powder

½ cup raisins

Combine rice, milk, and salt in a saucepan and cook slowly until liquid is absorbed. Stir frequently. Grease and flour a 9 x 13 inch baking pan. In a large bowl, combine the butter and cream cheese. Cream well with spoon. Combine eggs, half and half and vanilla. Add to the butter mixture and mix well. Stir in the cooled rice mixture and mix well. Add the flour and blend well. Stir in the raisins. Pour batter into the prepared baking pan. Bake at 350 degrees for 1 hour. Let cake stand for one hour before taking it out of the pan. Makes 24 servings.

*Each serving provides 229 calories, 6 grams protein, 23 grams carbohydrate, 13 grams fat, 285 milligrams sodium, .5 grams fiber.*

**Potato and Egg Casserole**

6 potatoes  
8 eggs

1 cup butter or margarine  
1 (16 ounce) container sour cream

Salt to taste

Preheat the oven to 350 degrees. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and slice. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in the hot water for 10-12 minutes. Remove from hot water, cool, peel and slice. In a 9 x 13 inch casserole dish, layer potatoes and eggs, sprinkling each layer of eggs with salt, ending with potatoes on top. In a small bowl, melt the margarine and mix with sour cream. Pour over potatoes. Bake in oven for 30 minutes. Makes 10 servings.

*Each serving provides 415 calories, 9 grams protein, 26 grams carbohydrate, 32 grams fat, 295 milligrams sodium, 2 grams fiber.*
Gawumpki

1 head of cabbage, cored
1 onion, diced
1 (10.5 ounce) can chicken with rice soup
1 egg
1 (10.5 ounce) can golden mushroom soup

1 tablespoon butter
2 pounds ground beef
1 cup brown rice
Salt and pepper to taste

Preheat the oven to 350 degrees. Bring a large pot of water to a boil. Boil cabbage until leaves are falling off. Remove the leaves from the water and set aside. Melt margarine in a large skillet. Cook onions in margarine until tender, about 5-7 minutes. Mix cooked onions, ground beef, chicken with rice soup, rice, eggs and salt and pepper in a bowl. Take a cabbage leaf, lay it flat and trim the thickest part towards the bottom of the leaf to make it easier to roll; repeat with all the leaves. Take the darker outside leaves and line the bottom of a baking pan with them. Scoop a portion of the beef meat mixture into a leaf and wrap the leaf around the mixture, covering the meat completely. Repeat until all of the beef mixture is used. Arrange the stuffed cabbage leaves in the baking pan. Top with any remaining cabbage leaves. Cover the pan with aluminum foil. Bake for 1 hour and 45 minutes. Remove the foil, peel bake the top layer of extra cabbage leaves and pour the golden mushroom soup over the stuffed cabbage leaves. Replace the top cabbage leaves, return the pan to the oven and continue baking until the soup is hot—about 15 minutes. Makes 10 servings.

Each serving provides 311 calories, 20 grams protein, 27 grams carbohydrate, 14 grams fat, 420 milligrams sodium, 4 grams fiber.

Mizeria

1 pound small cucumbers, peeled and thinly sliced
1 teaspoon lemon juice
Pepper to taste

Salt to taste
2 ⅔ tablespoons sour cream
1 pinch white sugar

Sprinkle salt over cucumbers in a bowl. Let stand until cucumbers are soft, about 5 minutes. Squeeze liquid from cucumbers and discard water. Add dill to cucumbers. Mix sour cream, lemon juice and sugar in a bowl. Add to cucumbers and toss to coat. Season with pepper. Chill completely before serving, at least 30 minutes. Makes 12 servings.

Each serving provides 13 calories, .4 grams protein, 1 gram carbohydrate, .7 grams fat, 36 milligrams sodium, .3 grams fiber.
Cabbage and Noodles

- ¼ cup butter or margarine
- 1 head cabbage, cored and chopped
- 1 large onion, diced
- 1 (12 ounce) package bow tie pasta
- 2 tablespoons water
- 1 ½ cups cooked ham, cut into bite-sized pieces

Melt butter in a large skillet over medium low heat; cook and stir cabbage and onion until very tender, about 30 minutes. Fill a large pot with lightly salted water and bring to a rolling boil. Stir in bow tie pasta and return to a boil. Cook pasta until tender but still slightly firm, about 12 minutes. Drain well and set aside. Stir water and cooked ham into cabbage mixture; heat through. Gently stir in bow tie pasta into the ham and cabbage mixture and heat through. Makes 4 servings.

Each serving provides 618 calories, 25 grams protein, 82 grams carbohydrate, 23 grams fat, 709 milligrams sodium, 11 grams fiber.

Kielbasa and Veggies

- 1 (10 ounce) package frozen mixed vegetables, thawed
- 4 small potatoes, peeled and chopped
- 1 (16 ounce) package of Kielbasa sausage, cut into ¼ inch slices
- ¼ cup butter, cut into pieces
- 1 tablespoon lemon pepper
- ¼ cup shredded Cheddar cheese

Preheat oven to 375 degrees. Spread mixed vegetables in the bottom of a lightly greased 9 x 13 inch baking dish. Mix in potatoes and sausage and pats of butter evenly over mixture. Sprinkle with lemon pepper and cover with aluminum foil. Bake at 375 degrees for 50 minutes. Open foil carefully, place cheese over the top and allow to melt. Serves 4.

Each serving provides 645 calories, 22 grams protein, 36 grams carbohydrate, 46 grams fat, 1492 milligrams sodium, 5 grams fiber.
**Pickled Beets**

½ cup vinegar          ½ cup water

½ cup sugar             Salt and pepper to taste

1 (15 ounce) can sliced beets, drained

Combine the vinegar, water, sugar salt and pepper in a saucepan. Bring to a boil and cook until sugar dissolves. Arrange the beets in a glass or ceramic bowl; pour the hot vinegar mixture over the beets. Cover and refrigerate for 12 hours. Drain and serve. Makes 6 servings.

*Each serving provides 86 calories, .5 grams protein, 22 grams carbohydrate, .1 gram fat, 165 milligrams sodium, .8 grams fiber.*