

Turkey Stuffed Cabbage

Makes: 5 servings

Total Cost: \$5.32

Serving Cost: \$1.06

Ingredients

- 1 unit head of cabbage
- 1/2 pound lean ground beef
- 1/2 pound ground turkey
- 1 unit onion (small, minced)
- 1 slice whole wheat bread (stale, crumbled)
- 1 tablespoon lemon juice
- 1/4 cup water
- 1/8 teaspoon black pepper
- 1 can diced tomatoes (16 oz)
- 1 unit onion (small, sliced)
- 1 cup water
- 1 unit carrot (medium, sliced)
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon corn starch

Directions

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels.
2. Shred 1/2 cup of raw cabbage and set aside.
3. Brown ground beef and turkey and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl.
5. Drain tomatoes, reserving liquid, and add 1/2 cup of tomato juice from can to meat mixture. Mix well; then place 1/4 cup of filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove cabbage rolls to serving platter; keep warm.
8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet, and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

Nutrition Information

for 2 rolls each (454g)

Key Nutrients Amount

% Daily Value

Total Calories 230
Total Fat 6g 9%
Protein 17g
Carbohydrates 28g 9%
Dietary Fiber 7g 28%
Saturated Fat 2g 10%
Sodium 320 mg 13%

Nutrients Amount

% Daily Value

Total Calories 230
Protein 17g
Carbohydrates 28g 9%
Dietary Fiber 7g 28%
Total Sugars 16g
Total Fat 6g 9%
Saturated Fat 2g 10%
Cholesterol 45 mg 15%

Minerals

Calcium 15%
Sodium 320 mg 13%
Iron 10%

Vitamins

Vitamin A 50%
Vitamin C 140%



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