



Unstuffed Cabbage Rolls

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 4 servings | Serving Size: ¼th of the recipe

Ingredients

- 1 tablespoon oil
- 1 pound lean ground beef, turkey, or chicken
- 1 large onion, diced
- 3 cloves garlic, minced (about 1 tablespoon)
- ½ medium head cabbage, shredded
- 1 cup whole-grain rice (e.g. brown rice), uncooked
- 2 (14.5-ounce) cans no-salt-added diced tomatoes
- 2 (8-ounce) cans no-salt-added tomato sauce
- ½ cup water
- ½ teaspoon ground black pepper

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the ground meat, onion, and garlic.
4. Continue cooking, stirring frequently, until the onion is tender and the ground meat is fully cooked, about 5-7 minutes.
5. Add the cabbage, rice, diced tomatoes with their liquid, tomato sauce, water, and pepper.
6. Cover and simmer until the rice and cabbage are tender, about 20-30 minutes.
7. Serve warm.

Recipe Notes

- Is the final dish too thick? Add some extra water until you reach the desired consistency.

**Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11 g | Saturated Fat: 3 g
Sodium: 100 mg | Total Carbohydrate: 25 g | Dietary Fiber: 5.5 g | Protein: 38.5 g**

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