

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**4 for \$10**

**Feed a family of four for under ten dollars!**

**Stuffed Cabbage Rolls with Honey Roasted Carrots and Duchess Potatoes**

**Total Cost: \$8.80**

**For the Stuffed Cabbage Rolls:**

- 1 cup water
- ½ cup brown rice
- 8 cabbage leaves
- 1 pound 93% lean ground beef (ground chicken or turkey can be substituted)
- ½ cup chopped onion
- 1 teaspoon garlic, minced
- 1 egg, slightly beaten
- ½ teaspoon paprika
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt (optional)
- 1 (28-ounce) can low-sodium whole peeled plum tomatoes, cut tomatoes into chunks

1. Preheat oven to 400 degrees.
2. In a small sauce pan bring water to boil. Add rice and stir. Reduce heat, cover and simmer 35-40 minutes. Slightly cool.
3. Remove the core of the cabbage with a paring knife. Remove 8 large outer leaves. Fill a large stock pot halfway with water. Bring to a boil. Add cabbage leaves and cook for 2-3 minutes until softened. Drain and cool
4. In a medium bowl combine cooked rice, ground beef, onion, garlic, egg, paprika, salt and pepper. Mix until well combined. Shape into 8 3-inch logs. Spread out cabbage leaves, place meat log into center, fold over sides and roll. Place cabbage rolls, seam side down, in a 9X13 inch baking dish. Pour plum tomatoes over rolls. Cover with foil and bake 1 hour.

**Recipe note:** If using leftover cooked rice, use 1 cup.

**Nutritional Information per roll:**

Calories: 223; Carbohydrates 14g; Total Fat 13g; Cholesterol 69mg; Saturated Fat 4g; Dietary Fiber 1g; Sodium 397mg; Protein 13g

**For the Honey Roasted Carrots:**

- 1 pound carrots, peeled, cut into 2 inch sticks
- 2 tablespoons oil
- Pinch EACH salt and pepper
- 1 teaspoon honey
- 2 tablespoons fresh parsley, chopped

Preheat oven to 400 degrees. Place carrots sticks on a baking sheet. Drizzle with oil and sprinkle with salt and pepper. Toss to coat. Spread out in a single layer. Roast for 20 minutes, turning after 10 minutes. Place in serving bowl. Drizzle with honey and fresh parsley, and toss to coat.

**Duchess Potatoes:**

- 1 ½ pounds potato, peeled and diced
- 1/3 – ½ cup low-fat milk
- 1 egg yolk
- ¼ teaspoon salt
- 1/8 teaspoon nutmeg
- 1 tablespoon melted butter or oil

In a medium saucepot, bring 4 cups water to boil. Add diced potatoes, cook until tender, about 20 minutes. Drain. Place in a large bowl. Mash potatoes with a masher; cool slightly. In a small bowl, whisk together milk, egg yolk, salt and nutmeg. Add to mashed potatoes. Place in a 8X8 inch baking dish. Drizzle with melted butter or oil. Bake for 20 minutes, until browned on top.

