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 egg, slightly beaten
½ teaspoon paprika
¼ teaspoon ground black pepper
¹⁄₄ 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
¹⁄₄ 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.