Stuffed Cabbage Rolls
Makes 8 rolls
This traditional Polish dish is made with lean ground beef and is a perfect comfort food on a cold day.

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 375 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.
4. 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.
5. 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