

**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



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