

Turkey and Rice Stuffed Cabbage

Servings: 5 (2 rolls per serving)

Total Time: 2 hours

Ingredients

Tomato Sauce

- 1 tablespoon olive oil
- 1/2 small onion, chopped (approx. 1/2 cup)
- 1 can (28 ounces) crushed tomatoes
- 3 tablespoons red wine vinegar
- 1/4 cup light brown sugar
- 1/3 cup raisins
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 medium head green cabbage

Turkey Filling

- 16 ounces ground turkey
- 1 large egg
- 1/2 cup breadcrumbs
- 1/4 cup uncooked brown rice
- 1/2 teaspoon dried thyme
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

For the Tomato Sauce: In a large saucepan, heat the olive oil; then, add the onions and cook over medium heat for 2 minutes, until the onions are just starting to soften.

Add the tomatoes, vinegar, brown sugar, raisins, salt, and pepper. Bring to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally. Set aside.

Prep the Cabbage: While the sauce simmers, bring a large pot of water to a boil. Meanwhile, remove the core of the cabbage with a paring knife.

Lower the head of cabbage into the water, then turn the heat to low. Allow the cabbage to soften in the hot water for a few minutes, then, using tongs, start peeling off leaves one at a time as soon as they're flexible. You will need 10 medium to large-sized leaves total.

Allow to cool for a few minutes, then remove the hard rib from the base of each cabbage leaf by cutting a triangle with a small paring knife. Set the leaves aside while you make the filling.

For the Turkey Filling: In a large bowl, combine the ground turkey, egg, breadcrumbs, rice, thyme, salt, and pepper. Add 1/2 cup of the sauce to the meat mixture and mix lightly with a fork.

To Assemble: Preheat the oven to 350 F. Cover the bottom of a 9 x 13-inch oven-safe dish with 1/2 cup of tomato sauce.

Directions, cont.

Add 1/3 cup of the filling in a rough oval shape towards the rib edge of each leaf. Roll towards the outer edge, tucking in the sides as you roll it up. They don't have to be perfect, you just want to make sure the filling is surrounded by the leaf.

Place the rolls, seam side down, in the prepared pan, and top with the remaining sauce.

Cover the dish tightly with aluminum foil and bake for 1 1/2 hours or until the filling is cooked through and the rice is tender.