



Stuffed Cabbage Rolls



Ready in Serves **6 people**
 Calories **270** Serving **2 each**
 Carb **31g** Fiber **8g**
 Protein **34%**
 Fat **27%**
 Carb **39%**

Ingredients

- 1 pound Turkey, ground
- 1 medium Onion
- 1 head, Savoy Cabbage
- 1 Bell pepper
- 2 cloves Garlic
- ½ can Tomato paste
- 15 oz can Crushed Tomatoes
- ½ cup Quinoa
- 1 Egg
- ½ cup Parsley
- 2 tsp Worcheshire Sauce
- 1 tbsp Red wine vinegar
- ½ cup Parmesan Romano
- 1 tbsp olive oil



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Preparation

1. **Rinse all the vegetables thoroughly.** Also rinse the Quinoa in a small colander, until the water runs clear.
2. **In a pot add 1 cup of water and the quinoa.** Bring the pot to a boil and then allow to simmer for 10-15 minutes, or until the liquid has cooked off. Then set aside.
3. **Cut the top off of the onion,** and then in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Set aside.
4. **Cut the top off of the bell pepper.** Remove the seeds and center. Cut the pepper into 4 pieces. Then slice all those pieces into sticks. Finally line up all the stick pieces cut into small pieces. Set aside.
5. **Remove the parsley leaves from the stems.** Then chop all the parsley leaves into small pieces. Set aside.
6. **Heat a skillet pan to a medium high heat.** Add olive oil, then add the bell peppers, garlic and half the onion. Saute for 2-3 minutes or until soft.
7. **Add tomato paste to the pan.** Mix and cook for 1 minute. Then add the crushed tomatoes. Allow to simmer for 5 minutes. Set aside.
8. **In a large bowl,** add ground turkey, quinoa, egg, worcheshire sauce, red wine vinegar, the rest of the chopped onion, ½ of the parsley, ¼ cup of parmesan and ½ cup of the tomato sauce. Mix thoroughly with hands. Set aside and wash hands.
9. **Preheat the oven to 350°F.** Fill a large pot with water, and bring to a boil.

10. **Remove the first few layers of leaves from the cabbage, and throw away.**
Then carefully remove the next leaves and add them to the boiling pot of water.
11. **Allow the leaves to boil until they are soft,** and remove each one with tongs. Pat dry the leaves.
12. **Once all of the leaves are cooked and dried,** cut a small slit at the bottom end of each leaf.
13. **Take a handful of the turkey mixer and make it into a ball.** Then wrap the ball into the cabbage leaf like a burrito.
14. **Place all of the cabbage rolls into a shallow baking pan.** Add the rest of the tomato sauce on top.
15. **Bake for 1 hour** and 15 minutes or until an internal temperature of 165°F.
16. **Sprinkle remaining parmesan and parsley on top.** Serve and enjoy.