Stuffed Cabbage Rolls

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.

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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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.