



# Stuffed Cabbage Rolls

## Ingredients:

- 1 large head cabbage (about 3-5 lbs.)
- 1 ½ lb. ground beef
- Onion flakes to taste
- 3 cloves garlic, minced
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp fresh parsley, chopped
- 2 eggs
- ¼ cup Walden Farms Ketchup
- 2 tbsp tomato paste
- 1 ½ cups cauliflower rice, cooked
- 2 cups crushed tomatoes.

## Directions:

### Prepare the cabbage

1. Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water.
2. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. If the leaves do not pull off easily, return the cabbage to the pot to boil a minute or two more.
3. When the leaves are cool enough, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through.

### Make the meat mixture

1. In a large bowl, add in the ground beef, cauliflower rice, onion flakes, garlic, salt, pepper, eggs, Walden Farms ketchup, tomato paste, and parsley. Mix gently to combine. Add 1 cup crushed tomatoes and mix.

### Assemble the cabbage rolls

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1. To stuff the leaves, lay down a single large leaf with the cut edge facing you (where the stem was) and place about a ½ cup of the meat mixture in the lower third of the leaf. If the leaf is huge add more, if smaller add less meat.
2. Fold the sides of the leaf over the meat and roll the cabbage up (like rolling a burrito).
3. Repeat until all the leaves are stuffed. If you have extra meat, roll it up as meatballs and place it in the baking pan with the stuffed cabbage.

### **Prepare to bake**

1. Preheat oven to 350° F, rack in the center.
2. In a large deep dish (4" at least) baking pan (or two 9×13" glass pans), spread out another 1 cup crushed tomatoes on the bottom of the pan.
3. Place stuffed cabbage in your pan and add the remaining packet of the prepared Diet Right Tomato Soup.
4. Spray the underneath of a large piece of foil. Place foil side down on the pan and close tightly around the dish. Place the pan on a larger cookie sheet to catch any spillovers.
5. Bake 90 minutes or until the cabbage is tender when pierced with a knife. (check temp of beef with thermometer)
6. Remove from the oven, uncover and allow to cool for 15 minutes before serving.

Servings: makes 4 servings.

Each serving = 6½ oz. lean protein, 1-2 cups select vegetables, ¼ cup occasional vegetables, 1 extra.

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