

Easy Cabbage Rolls

Alberta Health Services recommends choosing foods with at least 2 grams of fibre per serving. This tasty side dish provides 5 grams of fibre per serving, making it a healthy addition to a special meal. Looking to add more whole grains to your diet? For an even higher fibre dish, try this recipe with brown or wild rice instead of white.



Ingredients:

12	Cabbage leaves	12
1 Tbsp	Vegetable oil	15 mL
1 lb	Lean ground beef	454 g
¼ cup	Onion, diced small	60 mL
½ tsp	Salt	2.5 mL
½ tsp	Pepper	2.5 mL
½ cup	Uncooked rice	125 mL
1 cup	Water	250 mL
2 medium	Eggs	2 medium
2 – 26 ounce cans	Tomato sauce, low sodium	2 – 750 mL cans
2 cups	Water	500 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. To separate cabbage leaves, pour boiling water over cabbage head and let stand to soften and remove leaves.
3. In a heavy skillet (with lid), heat oil, add ground beef and cook until browned. Drain all fat.
4. Return beef to the skillet, add onion, salt and pepper, and cook until onion is soft (about 3 minutes).
5. Add rice and one cup of water, cover, lower heat to medium and cook until all water is absorbed (10-15minutes).
6. Pour ground beef filling into a large bowl and let cool.
7. Drain cabbage leaves, remove heavy center vein from leaves.
8. Add eggs to beef filling; mix well.
9. Place 2-3 tablespoons of beef filling on each leaf; fold in sides and roll ends over meat.
10. Place rolls into a large baking dish.
11. In a large bowl, mix prepared tomato sauce with water.

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12. Pour sauce over cabbage rolls, cover with foil.
13. Bake in 375°F (190°C) oven for 30 minutes.
14. Remove foil, baste rolls with sauce, cook for another 15 minutes or until cabbage is soft. Add more water if too dry.

Makes 6 servings (2 rolls / 702 g)

Tip: To separate cabbage leaves more easily, freeze whole cabbage head for at least 2 days, let it thaw completely then gently pull leaves off one at a time.

Nutrition Facts			
Per 1/6 of recipe (2 rolls / 702 g)			
Amount	% Daily Value		
Calories 380			
Fat 15 g	23 %		
Saturated 5 g + Trans 0 g	25 %		
Cholesterol 100 mg			
Sodium 300 mg	13 %		
Carbohydrate 35 g	12 %		
Fibre 3 g	20 %		
Sugars 13 g			
Protein 22 g			
Vitamin A 10 %	Vitamin C 80 %		
Calcium 8 %	Iron 30 %		
Vitamin D 4 %			

Nutrient Claim	Amount per Serving
High in fibre	5 g
Very high in potassium	1322 mg
Source of calcium	82 g
Very high in magnesium	78 mg
Source of folate	32 mcg
Very high in iron	4 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruits	3
Grain Products	0.5
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Mixed Dish – Meat-based) according to the Alberta Nutrition Guidelines.