

Brown Rice and Lentil Stuffed Cabbage Roll with Tomato Coulis

Prep time:

20 minutes

Cook time:

60 minutes

Yields:

8 servings

Ingredients:

- 1 large onion, chopped
- 2 cups green lentils, cooked
- 2 cups of cooked brown rice
- 1 large head green cabbage, bottom removed
- 2-3 tablespoons fresh minced garlic
- 2 cans crushed tomatoes
- 2 tbsp tomato paste
- 2-3 sprigs fresh thyme
- salt and pepper

Directions:

In a large saucepan, bring water to a boil, add cabbage and let cook allowing the leaves to soften. Using a long pair of tongs, carefully pull leaves from the head one at a time. You may need to pull 1 or 2 then wait 30 seconds for additional leaves to soften and continue this process until you have at least 8 for the cabbage rolls. Set aside.

In another large saucepan, saute 1/2 onion with spray or water for 2 minutes. Add in half the garlic, crushed tomatoes and tomato paste. Season to taste and continue to cook 5-10 minutes

In a medium saucepan, Saute remaining onion until it begins softening and turning translucent. Add in the remaining garlic and lentils and cook for one minute. Add in the cooked rice and 1 cup of your tomato sauce. Season to taste cooking for 5 minutes. Set this mixture aside.

Blend remaining tomato sauce until smooth. Lightly cover the bottom of an 8x8 or similar pan with sauce and reserve the rest for serving.

Preheat oven to 350 degrees

Lay out the cabbage leaves overlapping smaller leaves to form one larger leaf if necessary. Place a portion of the mixture in the center of each. Fold in sides and then bottom half and roll up tightly. Transfer cabbage rolls, seam side down into your pan. Cover and bake 25-30 minutes.

To serve, add sauce to individual plates and set cabbage rolls on top.

Chef Mat Shalenko