Lentil Picadillo Cabbage Rolls

Prep time:
20 minutes

Cook time:
60 minutes

Yields:
8 servings

Ingredients:
- 2 cups lentils, cooked
- ½ large onion, small diced
- 3 garlic cloves, minced
- 1 jalapeno, finely chopped
- 1 Tsp cumin
- 2 medium yukon gold potatoes, small diced
- 1 large carrot, small diced
- 1 large head green cabbage, bottom removed
- 2 cans crushed tomatoes
- 2 tbsp tomato paste
- 2 tablespoons chopped cilantro
- 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, combine half the garlic, half the cumin, crushed tomatoes and tomato paste. Season to taste and continue to cook 5-10 minutes

Spray a large deep sided skillet over medium heat. Once hot add the onion and saute until soft, about 5 minutes. Add the jalapeno and remaining garlic. Stir and cook

for 1 minute. Add the cooked lentils and stir everything together. Add the remaining cumin, salt, and pepper. Stir to thoroughly mix together.

Pour in half of the tomato sauce reserving the rest. Stir together. Add the diced potatoes and carrot. Stir. Bring to boil, reduce heat to a low simmer and cover.

Cook until the potatoes are nice and tender, about 15-20 minutes. Stir a few times during the cooking time.

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. Garnish with chopped cilantro.

Chef Mat Shalenko