



Bean-Stuffed Cabbage Rolls

Recipe Provided By: Canadian Diabetes Association

Recipe Source: Cookspiration.com

Recipe Info

Makes: 16 cabbage rolls

Serving Size: 4 cabbage rolls

Ingredients

- 1 small head cabbage
- 2 cups (500 mL) cooked black-eyed peas, mashed
- 1 cup (250 mL) cooked barley
- 1 cup (250 mL) finely chopped celery
- ½ cup (125 mL) finely chopped onion
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) dried basil
- Pinch dried oregano
- Pinch dried thyme
- 2 drops hot pepper sauce
- 2 cups (500 mL) reduced-sodium tomato juice

Instructions

Step 1

Place cabbage in freezer overnight to wilt leaves.

Step 2

Preheat oven to 350°F (180°C).

Step 3

Carefully remove 16 cabbage leaves from frozen head, one at a time, cutting each from the core with a sharp knife. Trim the center rib on individual leaves to make the leaf the same thickness throughout, but do not remove the rib.

Step 4

In a bowl, mash black-eyed peas and barley together. Stir in celery, onion, salt, basil, oregano, thyme and hot pepper sauce until well blended.

Step 5

Place about ¼ cup (60 mL) pea mixture on the rib end of each cabbage leaf. Roll up and tuck in sides. Pack cabbage rolls tightly into casserole dish. Pour tomato juice over rolls.

Step 6

Cover and bake in preheated oven for 1 hour or until sauce is bubbling and cabbage rolls are hot in the center.

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