

## Cabbage Rolls with Beef and Rice Filling



### Ingredients:

- 1 small head green cabbage
- 1 cup uncooked rice
- 2 Tbsp olive oil, divided
- 1 lb *Self-Reliant Seitan* Ground Beefy
- 1 medium onion, diced
- 3 cloves garlic, minced
- ½ tsp dried dill (or 1 Tbsp fresh dill)
- ½ tsp dried parsley (or 1 Tbsp fresh parsley)
- ½ tsp dried oregano (or 1 Tbsp fresh oregano)
- 1 tsp salt (or to taste)
- ½ tsp black pepper (or to taste)
- 1 can diced tomatoes (14oz)
- 1 can tomato sauce (14oz)
- 1 can tomato soup (10.5oz)

### Instructions

- Rinse and cook rice. Remove from heat a few minutes early so it is slightly underdone. Set aside.

### **Preparing the Cabbage**

- Remove the tough green outer leaves from the cabbage.
- Remove the core from the cabbage with a paring knife, keeping the head intact.
- Place the whole head of cabbage in a large pot and cover with water.
- Bring to a boil then boil cabbage for about 2 minutes.
- Remove the cabbage from the water with tongs and place cut side down in a colander.
- Once cooled enough to touch, remove the outer leaves until you uncover leaves that are not soft enough to remove easily.
- Place the remaining cabbage head back in the boiling water for 2 more minutes to soften.
- Drain the cabbage in the colander again and remove the softened leaves.
- Broken leaves can still be used and any scraps or small leaves can be chopped and added to the filling or used to line the bottom of the baking dish.

### **Preparing the Filling**

- Add 1 Tbsp olive oil to a large skillet or dutch oven over medium heat. Add the SRS ground beefy and stir until some of the ground beef gets browned and crispy. Remove the seitan from the pan and set aside.
- Add the remaining 1 Tbsp oil to the pan on medium heat. Add the onions and cook until translucent (3-5 mins).
- Add the garlic, & seasonings and cook until fragrant, about 1 min.
- Add in the cooked rice, whole can of diced tomatoes with juices,  $\frac{1}{3}$  of the can of tomato sauce, and the ground beefy seitan. Stir to combine.
- Turn off the heat and allow the filling to cool slightly.

Preheat oven to 350°F.

- Mix remaining tomato sauce and tomato soup in a bowl. Spread a very thin layer of the tomato sauce mixture in a 9x13 pan. Line the pan with your leftover cabbage leaves or scraps.
- Place a cabbage leaf with the base close to you and face up like a bowl.
- Add  $\frac{1}{4}$  to  $\frac{1}{3}$  cup filling to the center of the leaf.
- Fold the base of the leaf over the filling and then fold in the sides. Roll the cabbage leaf away from you to seal the roll. Place seam side down in the pan.
- Repeat with remaining cabbage leaves.
- Pour remaining sauce over the cabbage rolls and cover tightly with foil\*\*
- Bake for 75 minutes. Remove from oven and let cool for 15 minutes before serving. Enjoy!

**\*\*Zero-Waste Tip:** Use a sheet pan on top of your 9x13 dish instead of foil.

Adapted from <https://www.spendwithpennies.com/easy-cabbage-rolls/>

