

Stuffed Cabbage Rolls



Prep:

5 minutes

Total:

1 hour

Makes:

6 - 8 stuffed cabbage rolls (depending on cabbage size)

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
2.5 Qt. (1.49L) Culinary Basket
9" Small Skillet with Cover

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Recipe:

Contributed By:

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Recipe Description:

Stuffed cabbage rolls are an easy, tidy, one dish meal that travel well!

This vegan recipe is low in fat, high in fiber and truly delicious. Cabbage is a cruciferous vegetable, which has shown to arrest the growth of cancer cells.

1/2 cup
brown rice, uncooked
(95 g)
1/2 cup
red lentils, uncooked
(95 g)
1 15-ounce
can diced, fire-roasted tomatoes
(425 g)
2 tablespoons
walnuts or pecans, chopped
(15 g)
1/2 small
onion, strung, use Cone #2

3 cloves
garlic, shredded, use Cone #1
¼ teaspoon
chipotle chili powder
(.65
g)
salt and pepper, to taste
1 head cabbage

Directions:

1. Place all ingredients, except cabbage, in skillet. Cover and cook over medium heat.
2. When Vapo-Valve™ clicks, reduce heat to medium-low and continue cooking for 50 minutes, or until rice and lentils are tender.
3. Gently pull 6 - 8 cabbage leaves off head and place in culinary basket. Fill sauce pan with 1-inch of water and place culinary basket in sauce pan. Cover and vapor cook over medium heat for 4 - 6 minutes until cabbage is desired tenderness. Remove cabbage leaves and let cool.
4. Scoop portioned amounts of the filling into each cabbage leaf. Gently roll, tucking in the edges as you go. Serve.

Nutritional Information per

▼ Serving

Based on 6 servings

Calories: 160

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 219mg

Total 28g

Carbs:

Dietary Fiber: 5g

Sugar: 3g

Protein: 6g