



## Braised Cabbage Rolls



The secret to these cabbage rolls is that they are braised in a flavorful broth enhanced with vinegar and brown sugar, then drizzled with a red pepper garlic sauce. Lentils and rice that have been seasoned with shallots, soy sauce and cumin fill up these tasty treats. This recipe comes to us from Donna of Fab Frugal Food.

Serves 6

For the lentil rice filling:

- 1 tablespoon olive oil
- 1 large shallot, diced
- 3 cloves garlic, minced
- 2 cups low sodium vegetable broth
- ½ cup lentils, rinsed and picked over
- 1 cup rice
- 1 teaspoon ground cumin
- 2 tablespoons low sodium soy sauce

To complete the braised cabbage rolls:

- 1 large head cabbage
- 2 tablespoons apple cider vinegar
- 2 tablespoons dark brown sugar
- 2 cups low sodium vegetable broth

For the red pepper garlic sauce:

- 2 red bell peppers, cut into strips
- 3 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons low sodium soy sauce
- 2 tablespoons balsamic vinegar
- 1 6 ounce can tomato paste
- 2 tablespoons low sodium soy sauce

**To make the lentil rice filling:**

Place the olive oil in a large sauté pan over medium heat and sauté the diced shallot for about 5 minutes, or until softened. Add the minced garlic and cook for 1 minute more.

Add the broth and lentils to the pan and cook for about 5 minutes. Add the rice, cumin and soy sauce. Turn the heat down to low, cover the pan and cook for about 20 minutes, or until all liquid has absorbed.

**To prepare the cabbage:**

While the lentil mixture is simmering, steam the cabbage leaves for about 2-3 minutes, or until softened. Immediately remove the cabbage leaves from heat and shock the leaves in cold water to stop the cooking process. Cut the tough stems out at bottom center of each leaf.

### This Recipe is Categorized In:

Dinner, Recipes

### This Recipe's Ingredients:

Apple, Garlic, Red Pepper, Rice, Tomato

### Nutrition Information

Braised Cabbage Rolls  
 Servings per Recipe:  
**Amount per Serving**  
 Calories: 342.5

Calories from Fat: 68

Total Fat: 7.6g

Saturated Fat: 1.1g

Cholesterol: 0mg

Sodium: 1058.6mg

Potassium: 1018.6mg

Carbohydrates: 59.9g

Dietary Fiber: 11.1g

Protein: 11.6g

Sugars: 0g

#### View Our Nutritional Guidelines

The U.S. Food and Drug Administration (FDA) recommends 2000 calories a day as a reasonable average guideline for most American adults. [Click here](#) to learn how you can use the Monday 2000 to reset the calorie budget you have to spend each day. For specific calorie recommendations based on your age, metabolism and medical history, consult your doctor or nutritionist.

### Ingredient Conversion

Ingredient:

Apples

Type: Dried

1  Cups

to Grams

Convert

**To assemble the braised cabbage rolls:**

Roll ½ cup of the lentil rice filling in each blanched leaf, jelly roll style, tucking in sides of the cabbage leaves as you roll. Place seam-side down in a large pan so that the rolls are all in a single layer, completely filling pan.

In a large bowl, stir together the vinegar, brown sugar and vegetable broth.

Pour the vinegar broth mixture over the cabbage rolls in the pan so that the rolls are almost covered, adding a little water if necessary.

Simmer the rolls in the vinegar broth mixture for about 30 minutes, or until the leaves are soft and most of the liquid has evaporated.

**To make the red pepper garlic sauce:**

Preheat the oven to 450 degrees.

While the rolls are simmering, place the red pepper strips cut side down on a baking sheet positioned in the top rack of the oven. Bake for about 5-7minutes and add the garlic cloves. Bake the red pepper and garlic for 5 minutes more, or until the red pepper has softened and browned.

Puree the roasted red pepper and garlic in a blender with the olive oil, soy sauce, balsamic vinegar and tomato paste until the sauce is very smooth.

**To complete the braised cabbage rolls:**

Remove the rolls from the pan and serve on a platter with the red pepper sauce drizzled on top.

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