

TURKEY CABBAGE ROLLS WITH SWEET AND SOUR TOMATO SAUCE

This easy cabbage roll recipe is a great way to serve a veggie-full, warm and cozy dinner for your family. Feel free to cut up and add any extra veggies you have laying around in your fridge to the filling! You can also add cooked rice, quinoa, barley or any other whole grain your family loves into the mix! Sprinkle some cheese on top while you're at it!



Ingredients

- 2 lbs ground turkey
- 1 head Napa cabbage
- 2 cups canned tomatoes (sauce, diced, or crushed all work)
- 3-4 carrots
- 1 onion
- 2-3 potatoes

From your pantry

- 3-4 cloves of garlic
- 1 Tbsp Italian seasoning
- 1 Tbsp vinegar (any type)
- oil
- salt and pepper

Equipment:

- Medium saute pan
- Oven safe baking dish

PREPARATION: 25 MIN

COOKING: 30 MIN

READY IN: 55 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

*Wash and dry all produce. **Preheat oven to 375 °F***

1. Peel **carrots** and dice into small pieces. Dice **potatoes and onion**. Mince or grate **garlic**. Carefully tear **Napa cabbage** leaves from the bunch, keeping leaves whole. In a large pot, bring 6 cups of water to a boil.
2. Heat 1 Tbsp oil in a medium sauté pan over medium-high heat. Add **onion** and cook 2-3 min until softened. Add **carrots and potatoes** and sauté another minute. Add **turkey, salt, and pepper**. Cook, breaking apart with a spoon until fully cooked and incorporated; about 8-10 min. Remove from pan and set aside. Do not clean pan.
3. Add 1 tsp oil to previously used pan. Add **garlic** and sauté 1 min. Add **tomatoes, 1/2 cup water, Italian seasoning, vinegar, pepper, and salt**. Bring to a simmer for 1-2 min. Remove from heat and set aside.
4. Using tongs, insert each individual cabbage leaf and submerge in water for a couple of seconds. Remove quickly and set aside. This will soften the cabbage leaves to make rolls. Repeat with other leaves.
5. Add about 1-2 tbsp of **turkey mixture** to each flattened out cabbage leaf and roll up. Place in a large oven safe casserole or baking dish. Repeat this with all the cabbage leaves. Pour sauce over cabbage rolls and bake for 15-20 min in the oven. Enjoy!

Tips, Tricks, and Terms

Tomato Sauce: a can to love



Canned tomatoes and tomato sauces are a great way to eat tomatoes when they're not in season. They do need a little help to be the best version of themselves! Here are some tips to getting the most distance and flavor out of canned tomatoes.

SAUTÉ YOUR STUFF: Heat up a pan, add a little oil, then sauté your favorite aromatics a few minutes before you add the tomato sauce. Garlic, onion or herbs will go a long way!

SEASON: Add a little dried seasoning- oregano, Italian seasoning, thyme, garlic powder, onion powder etc. are easy ways to make things a little tastier!

BALANCE: SUGAR AND SALT: Tomatoes are naturally very acidic. When cooking a great way to reduce acidity is by adding a little sugar and salt. Mix, taste, and adjust. The right balance will soften the acidity.

FREEZE IN BULK: Large or restaurant size cans of tomatoes or tomato sauce are usually cheaper than smaller cans and if you're gonna go through the labor of love of seasoning it- you might as well make a lot! Tomato sauce freezes great in jars or bags.



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