

RECIPE OF THE WEEK

Low-carb Cabbage Rolls

Ingredients

1 Cabbage head
1 lb. Ground beef
1 14.5-oz can Diced tomatoes – drained
1 large Egg
4 cloves Garlic – minced

2 tsp. Italian seasoning
1 tsp. Sea salt
1/4 tsp. Black pepper
1 cup Cauliflower rice
1 15-oz can Tomato sauce



Preparation

1. Preheat the oven to 350°F (177°C).
2. Bring a large pot of water to a boil and add the head of cabbage into the boiling water, immersing fully.
3. Boil for 5-8 minutes, just until the leaves are soft enough to bend. They will turn bright green and the outer leaves might come off, which is okay and you can fish them out.
4. Remove the cabbage from the boiling water and set aside to cool.
5. Leave the hot water in the pot for now as you might need it again when peeling the cabbage leaves.
6. Meanwhile, stir fry the cauliflower rice for a few minutes.
7. Take a large bowl and combine the ground beef, diced tomatoes, egg, minced garlic, Italian seasoning, sea salt, and black pepper. Mix until just combined, but don't over-mix. Fold in the cooked cauliflower rice. Set aside.
8. Spread half the tomato sauce in a large rectangular or oval ceramic baking dish. Set aside.
9. Carefully peel the leaves from the cabbage. To do so, flip cabbage over so the core side is up, and cut the leaves one-by-one from the core, then carefully peel (they are fragile). Instead of peeling leaves back, slide your fingers between the layers of cabbage to release them. The leaves on the outside will be very soft and easier to peel, but inside they may be firmer. If they are too firm and crisp to bend, you can return the partially peeled cabbage to boiling water for a couple more minutes to soften more.
10. Cut the thick rib from the center of each cabbage leaf, cutting in a "V" shape.
11. Place 1/3 cup (67 grams) beef mixture into a log shape at one end of a cabbage leaf.
12. Fold in the sides, then roll up, like a burrito.
13. Place the cabbage roll, seam side down, into the baking dish over the sauce.
14. Repeat to make 12 cabbage rolls. If the inner leaves are too small, you may need to use two to overlap them to fit the filling.
15. Spoon the remaining tomato sauce over the cabbage rolls and cover the baking dish tightly with foil.
16. Bake for 1 hour, or until the beef is cooked through.
17. Serve warm and enjoy!

