



INGREDIENTS

- 2 Pounds Head Green Cabbage
- 1 Cup Long Grain White Rice (enriched or whole grain rich; uncooked)
- 1 Pound Ground Turkey Breast, Raw (no more than 15% fat)
- ½ Pound Ground Beef (no more than 20% fat)
- 2 Cups Onion (diced)
- 3 Teaspoons Garlic (minced)
- ½ Teaspoon Dried Dill
- 3 Tablespoons Fresh Parsley (chopped)
- Salt and Pepper (to taste)
- 14½ Ounce Can Diced Tomatoes (with juices)
- 1 Egg
- 15 Ounce Can Tomato Sauce (divided)
- 10¾ Ounce Can Condensed Tomato Soup

DIRECTIONS

1. Boil cabbage leaves for about 2 minutes or until soft. Set aside.
2. Preheat oven to 350°.
3. Cook rice according to package directions but reduce cooking time by 5 minutes so the rice is slightly underdone. Set aside.
4. Cook turkey, beef, onions, garlic and seasonings in a pan until no pink remains. Drain any fat.
5. Add in rice, diced tomatoes and ⅓ cup of tomato sauce. Stir in egg.
6. Mix the remaining tomato sauce and tomato soup in a bowl. Spread a very thin layer of the tomato sauce mixture in a 9x13 pan.
7. Remove or thin any thick stem on cabbage leaves. Lay the cabbage leaf flat and add ½ cup filling to the center of the leaf. Fold in the sides and roll the cabbage up. Place seam side down in the pan. Repeat with remaining cabbage.
8. Pour sauce over the cabbage and cover tightly with foil.
9. Bake for 75-90 minutes. Let cool for 15 minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



Lunch/Supper

YIELD

18 Rolls

PORTION SIZES

- Toddler:** 1 Roll
- Preschool:** 1½ Rolls
- School Age:** 2 Rolls
- Adult:** 2 Rolls