



(416) 488-1790 <http://www.thespice lady.ca>

Deconstructed Cabbage Rolls

Makes 4 Servings

1 tablespoon extra virgin olive oil
1 large onion, chopped
6 large cloves garlic, chopped
1 lb. lean ground turkey
3 cups cabbage, chopped, about 1 inch pieces
1 28 fl oz can organic low sodium diced tomatoes
2 tablespoons organic tomato paste
1 or 2 tablespoons Worcestershire sauce
1 to 2 tablespoons vinegar of your choice
1 teaspoon honey
1 to 1 ½ cups water
Himalayan pink sea salt, freshly ground to taste, any salt is fine
Tellicherry peppercorns, freshly ground, to taste, any ground black pepper is fine
2 cups cooked rice, according to package directions for serving

1. In a large skillet, heat olive oil
2. Add the onion and garlic
3. Add the ground turkey and brown until just starting to cook through
4. Season with Himalayan pink sea salt and freshly ground Tellicherry peppercorns.
5. Add the diced tomatoes, tomato paste, Worcestershire sauce, vinegar, and honey.
6. Add about ½ inch water from the bottom of the pan or 1 to ½ cups.
7. Season with Himalayan pink sea salt and freshly ground Tellicherry peppercorns.
8. Bring mixture to a boil. Then turn the temperature down to low to simmer.
9. Cover and wait 20 to 30 minutes or until the cabbage is soft and cooked through. Serve over cooked rice, mashed potato, or pasta.