Ingredients
1 head cabbage
½ pound lean ground beef
½ pound ground turkey
1 small onion, minced
1 slice stale whole-wheat bread, crumbled
1 Tablespoon lemon juice
¼ cup water
½ teaspoon black pepper
1 can (16 oz) diced tomatoes
1 small onion, sliced
1 cup water
1 medium carrot, sliced
1 Tablespoon lemon juice
2 Tablespoons brown sugar
1 Tablespoon cornstarch

Instructions
1. Rinse and core cabbage.
2. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes.
3. Remove and drain cooked cabbage leaves on paper towels.

– Over –
5. Brown ground beef and turkey and minced onion in skillet. Drain fat.

6. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl.

7. Drain tomatoes, reserving liquid, and add ½ cup of tomato juice from can to meat mixture. Mix well.

8. Place ¼ cup of filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.

9. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.

10. Remove cabbage rolls to serving platter; keep warm.

11. Mix lemon juice, brown sugar, and cornstarch together in small bowl.

12. Add to vegetables and liquid in skillet. Cook, stirring occasionally, until thickened and clear.

13. Serve over cabbage rolls.