

## Farmers Market Fun Family Recipes



**Serving Size:** 2 rolls

**Yield:** 5 servings

### Ingredients

1 head cabbage	1/8 teaspoon black pepper
1/2 pound lean ground beef	1 can (16 oz) diced tomatoes
1/2 pound ground turkey	1 small onion, sliced
1 small onion, minced	1 cup water
1 slice stale whole-wheat bread, crumbled	1 medium carrot, sliced
1 Tablespoon lemon juice	1 Tablespoon lemon juice
1/4 cup water	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.
4. Shred 1/2 cup of raw cabbage and set aside.

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## Nutrition information:

Calories: 257  
Carbohydrate: 28 gm  
Fiber: 6 gm  
Fat: 9 gm  
Protein: 16 gm  
Cholesterol: 54 mg  
Sodium: 266 mg

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WVU Extension office  
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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  $\frac{1}{2}$  cup of tomato juice from can to meat mixture. Mix well.
8. Place  $\frac{1}{4}$  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.

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