

Stuffed Cabbage

[To go back to INDEX - Click INDEX tab](#)

Cooking time (minutes):

26 Microwave

5 & Wok

31

cups

3.8

Yield:	cups	16	12	8	4
---------------	-------------	-----------	-----------	----------	----------

Cabbage	# of leaves	24	18	12	6
----------------	--------------------	-----------	-----------	-----------	----------

Remove leaves from cabbage & Wash

Fill bowl 1/4 full of water & Microwave for 5 minutes

Add leaves to boiling water for 5 minutes

Drain bowl of water & Set leaves aside

Oil, olive	TBSP	4	3	2	1
Turkey, ground	lbs	3	2 1/4	1 1/2	3/4

0.8

Cook in wok with salt & pepper about 5 minutes & Drain

Rice, brown	cups	2	1 1/2	1	1/2
Water	cups	12	9	6	3

1.0

Add to bowl & Microwave for 3 minutes on high

Microwave for 15 minutes on 1/2 power

Drain & Add to wok

Egg, beaten	#	4	3	2	1
Cinnamon	spice TBSP	1/2	3/8	1/4	1/8

Beat egg in bowl, Add cinnamon & contents of wok

Mix & Put 2 Table Spoons on each leaf & roll tight

Stack leaves in bowl

Vegatables, frozen	diced cups	4	3	2	1
Tomato Stewed	can cups	4	3	2	1

1.0

1.0

Add to bowl & Microwave until heated about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months