



Stuffed Cabbage Rolls

Ingredients:

- 6 large cabbage leaves
- ½ small yellow onion, diced
- 1 garlic clove, minced
- ½ bell pepper, diced
- 1 package Nature's Earthly Choice™ Microwavable Barley & Lentils
- 2 tablespoons tomato paste
- 2 tablespoons soy sauce
- Salt and pepper
- Olive oil

Directions:

1. Preheat the oven to 350 degrees Fahrenheit. Bring a large pot of water to a boil. Dunk the cabbage leaves into the water, working in batches if needed. Use tongs to remove after 1 minute, or until soft. Set aside.
2. To make the filling, warm olive oil in a saucepan over medium heat. Cook the onion and bell pepper for 5 to 7 minutes or until tender. Add the remaining filling ingredients, stir, and cook for 5 minutes.
3. To make the sauce, warm olive oil in a separate saucepan over medium heat. Add the onion and cook for 5 to 7 minutes or until tender. Add the remaining sauce ingredients and cook until thick, about 15 minutes.
4. Place a cabbage leaf on a flat surface. Add 2 to 3 spoonfuls of barley lentil filling onto the center. Fold up the bottom, then sides. Roll tightly. Repeat with the remaining leaves.
5. Pour half the sauce into a casserole dish. Add the rolls and top with remaining sauce. Bake for 45 minutes or until the cabbage is tender.

Tomato Sauce

- ½ small yellow onion, diced
- 1 garlic clove, minced
- 28 ounces canned crushed tomatoes
- 1 tablespoon maple syrup
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 tablespoon apple cider vinegar
- Salt and pepper
- Olive oil