Louisiana Harvest of the Month

Meatless Cajun Cabbage Rolls

Home Recipe

Serves: 8
Prep Time: 15 minutes
Cook Time: 60 minutes

Ingredients

- 1 large head cabbage
- 2 tsp vegetable oil
- 1 small onion, diced
- ½ large red bell pepper, diced
- ½ large green bell pepper, diced
- 2 cloves garlic, minced
- 1 ½ cups meatless ground crumbles
- 1 ½ tsp Cajun seasoning
- ½ tsp black pepper
- ½ tsp smoked paprika
- 1 ½ cups brown rice
- 2 cups low-sodium chicken broth
- Salt to taste

Nutrition Facts

8 Servings Per Container
Serving Size **2 rolls (314g)**

Amount Per Serving
Calories **250**

	% Daily Value *
Total Fat 5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 7g	**25%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.1mg	10%
Potassium 530mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Gently remove and wash 16 cabbage leaves.
2) Bring a large pot of salted water to a boil.
3) Blanch the cabbage leaves for 2 minutes, then transfer immediately to an ice water bath to stop the cooking.
4) In a large saucepan, heat the vegetable oil over medium heat.
5) Add the diced onion and bell peppers. Sauté until softened, about 5 minutes. Add the minced garlic and sauté for 2 more minutes.
6) Stir in the meatless ground crumbles, Cajun seasoning, black pepper, and smoked paprika. Increase heat to high and cook until the mixture begins to brown.
7) Add the rice, scraping up any browned bits from the bottom of the pan.
8) Pour in the chicken broth. Bring to a boil, then reduce heat to low, cover, and cook for 25 minutes. When the rice mixture is done, spread it onto a rimmed baking sheet to cool quickly.
9) Preheat oven to 375°F.
10) Once the filling is cool enough to handle, place ¼ cup of filling in the center of each cabbage leaf.
11) Roll tightly like a burrito and place seam-side down in a casserole dish. Bake uncovered for 20 minutes, or until the tops begin to brown.

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