

Bonus Vegan Recipe Week 3



Vegetarian Stuffed Cabbage

Serving: 4

Ingredients

- 1 cup water
- ½ cup short-grain brown rice
- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- 1 large Savoy cabbage (2-3 pounds)
- 1 pound baby bella mushrooms, finely chopped
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- ½ teaspoon dried rubbed sage
- ½ teaspoon crumbled dried rosemary
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper plus ⅛ teaspoon, divided
- ½ cup vegetable stock
- 1 teaspoon of lemon juice
- ⅓ cup toasted pine nuts (see Tips), chopped

- 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped
- garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 28-ounce can no-salt-added crushed tomatoes
- ½ cup vegetable stock
- 1 teaspoon lemon juice

Directions

1. To prepare cabbage & filling: Combine water, rice and 1 teaspoon oil in a medium saucepan; bring to a boil. Reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is just tender, 40 to 50 minutes. Transfer to a large bowl and set aside.
2. Meanwhile, half fill a large pot with water and bring to a boil. Line a baking sheet with a clean kitchen towel and place near the stove.
3. Using a small, sharp knife, remove the core from the bottom of the cabbage. Add the cabbage to the boiling water and cook for 5 minutes. As the leaves soften, use tongs to gently remove 8 large outer leaves. Transfer the leaves to the baking sheet and pat with more towels to thoroughly dry. Set aside.
4. Drain the remaining cabbage in a colander for a few minutes. Finely chop enough to get about 3 cups. (Save any remaining cabbage for another use.)
5. Heat 1½ tablespoons oil in a large skillet over medium-high heat. Add mushrooms, onion, garlic, sage, rosemary and ¼ teaspoon each salt and pepper; cook, stirring, until the mushrooms have released their juices and the pan is fairly dry, 8 to 10 minutes. Add vegetable stock and cook, lemon juice, stirring, until evaporated, about 3 minutes more. Add the mixture to the cooked rice along with pine nuts.
6. Heat the remaining ½ tablespoon oil in the skillet over medium-high. Add the chopped cabbage, the remaining ¼ teaspoon salt and ⅛ teaspoon pepper; cook, stirring, until the cabbage is wilted and just beginning to brown, 3 to 5 minutes. Add to the rice mixture.
7. To prepare sauce: Heat 1 tablespoon oil in a large skillet over medium heat. Add onion, garlic, salt and pepper and cook, stirring, until starting to soften, 2 to 4 minutes. Add tomatoes, vegetable broth, and lemon juice. Bring to a simmer and cook until slightly thickened, about 10 minutes.
8. Preheat oven to 375°F.
9. To stuff cabbage: Place a reserved cabbage leaf on your work surface; cut out the thick stem in the center, keeping the leaf intact. Place about ¾ cup filling in the

center. Fold both sides over the filling and roll up. Repeat with the remaining 7 leaves and filling.

10. Spread 1 cup of the tomato sauce in a 9-by-13-inch baking dish. Place the stuffed cabbage rolls, seam side down, on the sauce. Pour the remaining sauce over the rolls and drizzle with the remaining 1 tablespoon oil.
11. Bake, uncovered, basting twice with the sauce, until hot, about 45 minutes.
 - a. Make Ahead Tip: Prepare through Step 10, cover and refrigerate for up to 1 day. Let stand at room temperature for about 30 minutes before baking.
 - b. For the best flavor, toast nuts and seeds before using in a recipe. To toast small nuts, chopped nuts & seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Bonus Traditional Recipe Week 3



Sweet Potato Cheeseburger Casserole

Serves:4

Ingredients

- 3 medium sweet potatoes, spiralized
- 1 T extra virgin olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 1 lb grass-fed ground beef
- 1 t dried oregano
- ½ t garlic powder
- 1 t smoked paprika
- ½ t chili powder
- 1 ½ cups chicken stock
- 1 cup crushed tomatoes
- Chopped tomatoes and green onion to garnish
- Salt and pepper to taste

Instructions

1. Heat extra virgin olive oil in a large skillet over medium-high heat; add onion, carrot and celery. Cook for 3 minutes until onion is translucent and veggies are softened.
2. Increase heat to high and add ground beef. Cook for 5 minutes, breaking meat up as it cooks, until beef has browned and is no longer pink. Add oregano, garlic powder, smoked paprika and chili powder. Season with salt and pepper, to taste.
3. Stir in the chicken stock and the crushed tomatoes. Reduce heat to medium-low and bring to a simmer; add spiralized sweet potatoes and cook for another 10 minutes until sweet potatoes are slightly softened and sauce is reduced. Remove from heat and top with chopped tomatoes and spring onions. Serve warm.