

# •• CABBAGE ROLLS ••



*A vegan twist on a traditional Polish dish, these cabbage rolls feature rice, lentils and coconut bacon.*

**Prep Time:** 90 minutes

**Oven Temp:** 325 degrees F

**Cook Time:** 2-3 hours

**Serves:** 6-8 people

## Ingredients

1 cabbage head, core removed  
1 c. brown rice (organic is best)  
½ c. brown lentils  
1 large onion, diced  
2 garlic cloves, minced

¼ c. coconut bacon  
1 tsp. salt  
Freshly ground pepper to taste  
3-4 cups tomato sauce

## Instructions

1. Cook rice in 1 ¾ c. water until liquid is absorbed. In a separate pot, cook lentils in 1-1 ¼ c. water until tender.
2. Meanwhile, sauté onion and garlic in dairy free butter until tender; set aside.
3. To prepare cabbage leaves: place cabbage head in a large pot of boiling water. Use tongs to remove leaves one at a time as they become softened and loose (about 20-30 seconds between each leaf layer). Set aside.
4. When rice and lentils are cooked, combine, then mix in coconut bacon and seasonings.
5. Depending on the leaf size, spoon ¼-1/2 c. of rice/lentil mixture into each leaf. Fold in bottom and top and then roll closed.\*
6. Cover the bottom of a glass baking dish with tomato sauce and place rolls seam side down into dish (you can do this as you roll each one). When all the rolls are prepared, pour remaining sauce over the rolls until they are almost completely covered.
7. Cover with foil and place in a 325 degree F oven and bake for 2-3 hours, turning down the temperature if needed to prevent burning. The rolls are cooked when most of the tomato sauce is absorbed.

**\*see Recipe Notes**

## Recipe Notes

Depending on the size of your cabbage leaves, you will need anywhere from 12-18 leaves for this recipe. You can use the remainder of the cabbage in other recipes.

Cabbage rolls are formed similar to burritos or spring rolls. There are online tutorials of how to roll them if you are unsure of the correct method.

Carefully monitor the level of the tomato sauce, especially as the cooking time approaches the two hour mark.