



VEGETARIAN CABBAGE ROLLS

Ingredients

For 2 persons

40g brown rice
400g textured vegetable
2 cans tomato soup
1 large head cabbage
1 tablespoon vegetable oil
1 large onion
1/2 carrot
1/2 red bell pepper
3 cloves garlic
1 tbsp white wine
1 can peeled tomatoes
1 egg
60g frozen peas
2 pinches cayenne pepper
1/2 tsp onion powder
1 tsp garlic powder
1/2 tsp dried basil
3 drops hot red pepper sauce

Steps

- 1.** Place the rice in boiling water. Reduce heat to low, cover, and simmer 40 minutes, until tender.
Mix the textured vegetable protein and boiling water in a medium bowl. Soak 15 minutes, until rehydrated. Mix in the cooked rice.
- 2.** Place the cabbage in a pot with enough water to cover. Bring to a boil, and cook 15 minutes, until leaves are easily removed. Drain, cool, and separate leaves.
- 3.** Heat some oil in a skillet over medium heat. Stir in the onion, carrot, red bell pepper, and garlic. Cook until tender. Mix in wine, and continue cooking until almost all liquid has evaporated. Stir in rice and textured vegetable protein, reserved juice from the tomatoes, egg, and peas. Season with cayenne pepper, onion powder, garlic powder, basil, and hot pepper sauce. Cook and stir until heated through.
- 4.** On 1 cabbage leaf, place about 2 tablespoons skillet mixture and 1 tomato. Roll tightly, and seal with a toothpick. Repeat with remaining filling. Arrange in a casserole dish. Pour the soup and water over cabbage rolls. Season with salt and pepper.
- 5.** Cover, and bake 35 min in the preheated oven (175°C), basting occasionally with the tomato sauce. Remove cover, continue baking 10 min.