

New Age Stuffed Cabbage Rolls

- 1 head of [cabbage](#) (regular, savoy or any large green leaf)
- 1 lb ground lamb, beef, turkey or mixture of your choice of meat or meat substitute for a vegetarian version
- 1 T olive oil
- 1 onion, chopped fine
- 1/2 lb mushrooms, minced
- 2 cloves garlic, minced
- 3/4 c grated carrots
- 1/2 c [quinoa](#), raw (or raw rice if you prefer)
- 2 T chopped parsley
- 1 T fresh oregano, chopped fine (or less if using dried)
- 3/4 t thyme
- 1/3 c pine nuts, lightly toasted (optional, but wonderful)
- sea salt and freshly ground pepper to taste

Core cabbage deeply, then if necessary, immerse in a large pot of boiling water for 1 minute, removing outer leaves, repeating until leaves are all separated. The leaves on my cabbage separated easily after coring, so that I skipped the boiling water step. Shave down thick part of center rib using a small paring knife to make folding easier. Lay spare or torn leaves on the bottom of the casserole to prevent the cabbage rolls from sticking.

Sauté garlic, onion and mushrooms until softened, then combine all filling ingredients, placing 1-2 tablespoons of filling on center of each

leaf, adjusting amount of filling according to size of leaf. Fold the sides and bottom towards the center, covering filling, and roll towards the core, thicker end. Insert the cabbage rolls in the casserole.

New Age Stuffed Cabbage Sauce

- 1 28 oz can tomatoes, liquified in food processor
- 1 lemon, juiced
- 1-2 T sugar, or more to taste
- sea salt and freshly ground pepper
- pinch of red pepper flakes (optional)

Mix sauce ingredients and pour over the cabbage rolls, adding water as required to cover. Cook, covered in a 325 degree oven for 2 – 2 1/2 hours.