

Bean Stuffed Cabbage Rolls

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Dairy, Soy**

½ Cabbage head (boiled and cooled)

2 cans black beans

Tomato Paste

1 red or green pepper (diced)

1/2 onion (diced)

Garlic, Salt and pepper to taste

1 can crushed tomatoes

Preheat oven to 350 F. Grease a large casserole dish. In a mixing bowl, combine the beans, tomato paste, pepper, onion and seasonings. Mix well. Carefully remove whole cabbage leaves and fill each leaf with a large spoonful of bean mixture. Wrap the leaves around the mixture and place the leaf pockets in the casserole dish with the folded side facing down. Repeat until all of the leaves and bean mixture have been used. Cover the cabbage rolls with crushed tomato. Put in the oven and bake 15 to 25 minutes. Serve warm.

Servings: 8 – 10 (\$1.10/serving)