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# *Turkey-Stuffed Cabbage*

## **Ingredients**

- 1 head(s) cabbage
- 1/2 pounds beef, lean ground
- 1/2 pounds turkey, ground
- 1 small onion(s), minced
- 1 slice(s) bread, whole-wheat, stale, crumbled
- 1 tablespoon lemon juice
- 1/4 cup(s) water
- 1/8 teaspoon pepper, black
- 16 ounce(s) tomatoes, diced
- 1 small onion(s), sliced
- 1 cup(s) water
- 1 medium carrot(s), sliced
- 1 tablespoon lemon juice
- 2 tablespoon sugar, brown
- 1 tablespoon cornstarch

## **Preparation**

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer five minutes. Remove and drain cooked cabbage leaves on paper toweling.
2. Shred half cup of raw cabbage and set aside.
3. Brown ground beef and turkey and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper in mixing bowl.
5. Drain tomatoes, reserving liquid, and add half-cup tomato juice from can to meat mixture. Mix well, then place quarter-cup filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove cabbage rolls to serving platter, keep warm.
8. Mix lemon juice, brown sugar, and cornstarch in small bowl. Add to vegetables and liquid in skillet and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.