

Cabbage Patty Bake



Ingredients:

PATTIES

4 cups cooked white rice
1/2 medium cabbage sliced into
1/4-inch strips
1 pound ground pork
1 pound ground turkey
1 large onion (1/2 grated & 1/2
finely diced)
2 large eggs
Salt-free all-purpose seasoning

Salt and black pepper
2 Tbsp finely chopped parsley or
dill
Sour cream, if desired

SAUCE

1 Tbsp Olive oil
3 Tbsp butter
1 large carrot, grated
2 cups marinara
3 cups hot water

Directions:

Preheat oven to 425°. Grease 9x13 casserole dish with baking spray. Slice cabbage into thin slices. Soften by placing in bowl with boiling water for about 10 minutes. Drain, squeezing out excess water. In large mixing bowl, combine turkey, pork, cabbage and cooked rice. Add grated onion, 2 eggs, 1 tsp all-purpose seasoning, 1/2 tsp pepper, 2 tsp salt, and parsley. Mix well. Form into 1/2 cup oval-shaped patties and place in casserole dish. Heat large pot over medium/high heat. Add oil and butter, and sauté diced onion until softened (about 5 minutes), stirring occasionally. Add carrot, cooking until softened (about 3 minutes). Add marinara and hot water. Bring to a boil. Season to taste, about 1/4 tsp salt and 1/4 tsp all-purpose seasoning. Pour sauce over patties until they are just about covered. Cover with foil. Bake on medium rack for about 40 minutes. Spoon some extra sauce over each serving. May be served with a dollop of sour cream.

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