

Herbal Legacy Recipes

Stuffed Cabbage

Recipe adapted from Back to the House of Health by Shelley Redford Young, L.M.T.

INGREDIENTS:

- cabbage leaves
- 1 cup green beans
- 2 T. shallots or 1 T. onion
- 2 stalks celery
- ½ cup bean sprouts
- ½ bell pepper
- 1 t. parsley (chopped)
- 2 cups vegetables broth



Directions

1. Scald cabbage leaf with boiling water and leave covered in port for one-half hour.
2. Chop all vegetables fine, add parsley and mix.
3. Spoon vegetable mixture onto each cabbage leaf. Roll tight and tuck ends in.
4. Fasten with toothpicks, gently simmer in vegetable broth for 1 hour.
5. Serve, season with *Nama Shoyu, flax seed oil and cayenne pepper.

* Nama Shoyu is raw, unpasteurized soy sauce; it's full of health-giving live enzymes and beneficial organisms like lactobacillus. **Ingredients:** Organic whole soybeans, mountain spring water, organic whole wheat, sea salt.

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