

Herbal Legacy Recipes

VEGETABLE STUFFED CABBAGE LEAVES

INGREDIENTS:

- 8 cabbage leaves
- 1 cup green beans
- 1-2 tablespoon chopped onion
- 2 stalks celery
- ½ cup bean sprouts
- ½ cup grated carrot
- ½ yellow bell pepper
- 1 tsp. parsley chopped
- 2 cups vegetable broth



DIRECTIONS:

1. Bring a pot of water to a boil. Immerse cabbage leaves in the water and turn heat off. Put the lid on the pot. Let sit for 20 - 30 minutes.
2. Finely chop all vegetables. Add parsley, mix.
3. Evenly distribute vegetable mixture among the cabbage leaves.
4. Tightly roll leaves and tuck in the ends. Secure with toothpicks.
5. Simmer in vegetable broth for 1 hour.
6. Sprinkle with ground flax seeds. Serve with tamari and cayenne pepper or tomato sauce.

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