

Turkish Cabbage Rolls

Yield: 6 min
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-cabbage-recipe>

Ingredients:

- 1 head cabbage extra-large and round
- 1 onion diced
- 4 garlic cloves rough chopped
- 14 ounces crushed tomatoes
- 1 teaspoon sugar or alternative sweetener, maple, honey
- 1/2 teaspoon cumin
- 1/2 teaspoon canela
- 1/2 teaspoon allspice
- 1/2 teaspoon salt
- 1 cup broth or stock, chicken or veggie
- 1/2 cup tomato sauce Turkish
- 2 garlic cloves finely minced
- 1 pound ground lamb uncooked or sub beef or turkey
- 1 cup wheat
- 1 cup cooked rice
- 2 teaspoons salt
- 2 teaspoons cumin
- 1 teaspoon dried mint or sub dried oregano or thyme
- 1 teaspoon coriander
- 1 teaspoon sumac optional
- 1/2 teaspoon chili flakes aleppo is nice
- 1/2 teaspoon canela
- 1/2 cup pinenuts or slivered almonds
- 1/4 cup dried apricots chopped, or sub dried barberries, currants or raisins ALL OPTIONAL
- 3 pinenuts toasted, and serve with optional yogurt.

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 33 grams

3. Cholesterol: 60 milligrams
 4. Fat: 29 grams
 5. Fiber: 7 grams
 6. Protein: 23 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 1490 milligrams
 9. Sugar: 5 grams
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