

Enchilada-Stuffed Cabbage Rolls

Ingredients

- 6–8 cabbage leaves
- 1/2 cup cooked brown rice or lentils
- 1/4 cup grated carrot
- 1/4 cup cooked black beans
- 1/4 tsp cumin
- 1 tbsp chopped cilantro
- Salt to taste
- 1/2 cup fresh tomato sauce or purée
- 1 tbsp olive oil (for greasing the dish)

Instructions

1. Blanch cabbage leaves in boiling water for 1–2 minutes to soften.
2. Mix rice/lentils, carrot, black beans, cumin, salt, and cilantro.
3. Place filling on each leaf and roll tightly.
4. Arrange in a greased baking dish. Pour tomato sauce over the top.
5. Cover with foil and bake at 375°F (190°C) for 25–30 minutes.

Benefits

High in fiber, iron, and plant protein. Cabbage and beans aid detox and gut health.