

Healthy Harvest® Pasta Sauce Saucy 'Un-rolled' Cabbage Bowls

Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 4 to 6



This tasty shortcut on a classic comfort food is just the thing for anyone who loves cabbage rolls since it's short on time but big on flavour.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce, Vegetable Medley**

2 (125 g each) **Minute Rice® Ready To Serve Brown Rice Cups**

1/2 lb (250 g) each lean ground beef and pork

1 cup (250 mL) diced sweet onion

2 tsp (10 mL) Worcestershire sauce

1 tsp (5 mL) paprika

1 pkg (397 g) shredded coleslaw blend

Sour cream and chopped fresh parsley (optional)

Instructions

1. Brown beef and pork with onion, Worcestershire and paprika in a large, nonstick skillet set over medium-high heat. Add coleslaw blend; cook, stirring, for 5 minutes.
 2. Stir in pasta sauce and rice. Cover and cook for 5 minutes or until bubbly. Spoon into bowls. Top with a dollop of sour cream and sprinkle with parsley (if using).
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Tips:

- All ground beef, pork or turkey can be used.
- For a zestier skillet, use 4 turkey or pork sausages, casings removed and crumbled.
- Substitute 5 cups (1.25 L) shredded cabbage for the coleslaw blend.

Nutritional Information per serving (1/4 recipe or 2 cups/500 mL):

510 calories, 23 g fat, 8 g saturated fat, 950 mg sodium, 45 g carbohydrates, 8 g fibre, 14 g sugars, 30 g protein.

Excellent source of vitamin C, thiamin, niacin, vitamin B12, iron and zinc.



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