

## Easy Stuffed Cabbage Casserole

### Ingredients

1. 1 Package Foster Farms Organic Ground Turkey
2. 2 Tablespoons Olive Oil
3. 1/2 White Onion - chopped
4. 1 teaspoon Garlic Powder
5. 1/2 teaspoon Onion Powder
6. 1/4 teaspoon Dried Thyme
7. 1/4 teaspoon Ground Pepper
8. 1/2 teaspoon Sea Salt
9. 14 ounce Can Diced Tomatoes (low sodium)
10. 1/2 Head Small Green Cabbage - chopped
11. 1½ Cups Water
12. 1 Cup Quick Cook Rice or Rice Blend (I used 10 minute cook rice & grain medley)
13. 1 Cup Shredded Cheddar Jack Cheese
14. Chopped Parsley
15. Salt/Pepper to Taste



### Instructions

1. In large dutch oven over medium high heat, brown turkey with olive oil and onions.
2. Reduce heat to medium; add garlic powder, onion powder, thyme, salt and pepper. Stir.
3. Add diced tomatoes, water and rice to pot. Bring to a boil.
4. Add cabbage, cover and reduce heat to medium low. Cook 10 minutes or until rice is tender. Add salt and pepper to taste.
5. Top with cheese and cover 1-2 minutes to melt.
6. Remove from heat and sprinkle with fresh chopped parsley.

### Notes

1. Optional add ins: bell peppers, celery, carrots.