

your

# COMMISSARY ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Easy Unrolled Stuffed Cabbage Skillet Dinner

Nutritious food doesn't always have to look pretty. Nor does it need multiple pans or pots to make. Sometimes just one pot, with the ingredients all mixed up, can be a tasty and nutritious meal. One fun part of cooking is experimenting to find the right combination. Making one-pot dishes helps you make things in bulk to help with meal planning. You can freeze the extra and save for later.

Special equipment and fancy cutting skills, or time spent preparing the meal are not as important as choosing the items that you use in your meal. Your body doesn't know if the dish was photo-worthy or messy looking. Some of the most comforting and flavorful meals may not look extravagant, like the picture of healthy meals posted on social media and magazines, but this doesn't mean they are of poorer nutritional quality. The body processes the nutrients in messy-looking meals and photo-worthy dishes the same way!

Consider using this technique for other meals and save time spent in the kitchen. Are stuffed peppers a favorite? Try dicing the peppers and mixing them into your mix, it'll save you around 30 minutes and that's time you can spend with your loved ones while still getting the same nutrient-dense meal.

One of the great parts about combination dishes is they are easy to help you reach your eight servings of fruits and vegetables per day, while picking from different color groups. Add diced mushrooms. They're easy to hide amongst the ground beef and rice. This recipe takes classic stuffed cabbage rolls, and reduces the amount of time it takes to prepare by chopping the cabbage and including it in the stuffing mix.



#### Ingredients: 4 servings

- 1 cup instant brown rice
- 1 lb. lean ground beef, turkey, or pork
- 1 large white onion, finely chopped
- Dash of salt
- 1 tbsp. and 1 tsp. finely minced garlic, or 2 tsp. garlic powder
- 1 tbsp. Italian seasoning
- 1¼ tsp. paprika
- ¾ of medium head of green cabbage, chopped
- 1 (15 oz.) can tomato sauce
- 1 (14-15 oz.) can petite diced tomatoes
- 1½ cup shredded cheddar cheese
- Pepper to taste

#### Directions:

1. Begin cooking the instant brown rice according to package directions.
2. Meanwhile, in a large skillet, heat olive oil over medium-high heat and add the diced onions with a dash of salt. Continue cooking. Stir occasionally until the onions are tender (about 3 minutes).
3. Add the ground meat to the skillet to brown, stirring occasionally. Cook until there is barely any pink color present in the meat.
4. Add the spices to the cooked meat and mix well. Add the diced tomatoes and sauce, along with ½ cup of water. Once the sauce begins to bubble, add the chopped cabbage and cook for 3-5 minutes, covered, until the cabbage begins to wilt and shrinks in bulk.
5. Turn the heat down to medium and add the rice. Stir gently and cover. Cook until the cabbage is very tender (12-15 more minutes), stirring every 3-5 minutes. Remove the cover and sprinkle the top with cheddar cheese. Do not stir. Keep the cover off and continue cooking on low until the cheese melts and the mixture begins to thicken.
5. Remove from the heat and let it rest for 5 minutes before serving.

#### Tips:

- Mozzarella or Parmesan cheese is a tasty substitute for the cheddar. To save on calories and fat, consider omitting the cheese.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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