

## Daniel Fast Cabbage Rolls

12 Large cabbage leaves- regular or Napa  
2 Tablespoons olive oil  
3 Tablespoons olive oil  
2 Tablespoons lemon juice  
½ Pound mushrooms- sliced  
1 Cup chopped onion  
1 Cup cooked brown rice  
2 Cups white beans  
1 Cup shredded carrot  
2 Tablespoons chopped parsley  
1 Teaspoon crushed oregano  
½ Teaspoon salt  
¼ Teaspoon pepper  
8 Ounces tomato sauce  
1 Teaspoon Italian herbs



Preheat oven to 350 °.

Bring a large pot of water to boil; cook cabbage leaves, a few at a time for about 2 minutes or until softened. Drain and cool.

Heat oil over medium heat in a large skillet; sauté mushrooms and onion until tender.

Add rice, beans, carrot, parsley, oregano, salt and pepper; stir gently until well blended.

Prepare a shallow 2-quart baking dish by brushing with vegetable oil.

Spoon mixture onto individual cabbage leaves; roll up and place seam-side down on baking dish.

Cover with foil and bake at 350 ° for 30 minutes.

Heat tomato sauce and Italian herbs in a small saucepan, stirring often to prevent sticking. Serve cabbage rolls with heated sauce.

*Makes 6 servings.*