



# Slow-Cooker Golumpki (Polish Stuffed Cabbage Rolls)

## Ingredients

SERVES 6-8

### Filling

1 head green or Savoy cabbage  
1 lb ground turkey  
5 oz mushrooms, chopped  
1 onion, chopped  
1 can cannellini beans, rinsed and drained  
1 flax egg (3 tbsp ground flax + 6 tbsp water)  
1 tsp Worcestershire sauce  
1 tsp onion powder, garlic powder, mustard,  
paprika, cumin  
Juice from one lemon

## Directions

1. Bring large pot with water to boil. Drop head of cabbage in it and boil for 2-3 mins. Remove and set aside.
2. Mix all of filling ingredients in a large bowl and combine well. Combine all of the sauce ingredients in a separate large bowl and mix well.
3. Spoon about 2-3 tbsp of filling into each cabbage leaf and wrap like a taco. Use all of filling.
4. Heat slow-cooker to high and put a layer of sauce on the bottom. Layer the rolls side by side and stacked in the crockpot and top with sauce. Cook for 4 hours and serve.

### Sauce

28 oz can of fire roasted tomatoes in puree  
15 oz marinara sauce  
1 tbsp brown sugar  
1 tbsp red wine vinegar  
1 tsp hot sauce  
2 tbsp brewed coffee

### Nutrition (1 roll)

KCAL: 290

SAT FAT: 0.5 g

FIBER: 8 g

SODIUM: 326 mg

ADDED SUGARS: 2 g