Bring large pot with water to boil. Drop head of cabbage in it and boil for 2-3 mins. Remove and set aside.

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.

Spoon about 2-3 tbsp of filling into each cabbage leaf and wrap like a taco. Use all of filling.

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.

**Slow-Cooker Golumpki**

**(Polish Stuffed Cabbage Rolls)**

**Ingredients**

**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

**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