



FOOD · EDUCATION · ACCESS · SUPPORT · TOGETHER

Chef Will's Stuffed Cabbage Casserole

Ingredients

- | | |
|-----------------------------------|--------------------------------|
| 1 large head cabbage,
shredded | ½ tsp pepper |
| 2 TBSP olive oil | 14 oz fire roasted
tomatoes |
| 1 medium onion,
chopped | 16 oz tomato sauce |
| 2 large carrots,
chopped | 6 oz tomato paste |
| 1 TBSP garlic, minced | 2 TBSP Italian
seasoning |
| 8 oz mushrooms,
sliced | 2 cup cooked rice |
| ½ tsp salt | 2 cups mozzarella
cheese |

Kitchen Equipment Needed

- Cutting Board
- Knife
- Measuring Spoons
- Large Pot w/Lid
- Spoon for Mixing
- 9x13 Casserole Dish

How To Make It

1. Pre-heat oven to 350 degrees.
2. Boil cabbage for 5 minutes. Drain, rinse with cold water, and set aside.
3. In same pot, warm oil. Add onion, carrots, and garlic. Cool for 5 minutes.
4. Add mushrooms and sprinkle of salt and pepper. Cook 5 more minutes.





What is FEAST Virginia?

FEAST Virginia helps families struggling with the effects of living in a broken food system live healthier, more nourishing lives. We do that by providing a comprehensive wellness program that combines food education, access to healthy foods, and group support.

Become a Participant:

Two hours each week for either our 6 or our 12 week program

First Hour: Food Education

Cooking Demonstration and Samples

Second Hour: Sharing Circle

Each participant will receive a Take It & Make It Bag with an easy-to-follow recipe and all ingredients for 4 adults to practice.

Childcare provided for weekly program participants for ages 2-8 years old.

Classes are free and forming now. Space is limited
To sign up, go to feastva.org -
Select < *Get Involved* < *Participate In a Group*.

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FEAST Virginia is a 501 (c)3 non-profit

Learn More at: feastva.org
Contact us at: feastva@gmail.com

5. Add Italian seasoning, tomato paste, diced tomatoes, and tomato sauce. Bring to a boil and then simmer for 10 minutes. Add rice.



6. Assemble casserole as follows: place half of cabbage on bottom, top with half the sauce, top with remaining cabbage, top with remaining sauce, and then top with 2 cups cheese.



7. Cook at 350 degrees F for 30 minutes. Turn on broiler for 5 minutes until cheese is bubbly and brown. Remove from oven and let sit for 5 minutes. Serve warm and enjoy!



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