

Ground Turkey, Tofu and Cabbage
(serves 4)

1 lb. ground turkey
4 tsp. olive oil
2 cloves garlic chopped
1 shallot chopped
2 sprigs thyme
2 sprigs oregano
1 T caraway seed
1 C brown rice
2 C water
3 C savoy cabbage, julienne
1/2 C diced onion
1/2 C diced carrot
1 C chicken stock or water
S and P to taste

1. Place brown rice and water in a small pot and bring to a boil. Reduce heat and simmer covered (not stirring rice) for about 40 minutes or until fully cooked.
2. Heat a large sauté pan on high heat with 2 tsp. olive oil and add garlic and shallot cook for 2 minutes, add ground turkey, caraway and herbs. Cook for three minutes. Stir until ground meat is fully cooked. TASTE and pour into bowl and set aside.
3. In the same pan, over medium heat, add 2 tsp. olive oil, onion and carrot and cook 5-6 minutes. Add cabbage and continue cooking 3-4 minutes and TASTE for seasoning. Add half of the stock, cover and cook 10-12 minutes, until cabbage is tender.
4. Add the remainder of the stock, TASTE, and serve with brown rice and turkey.