

## EASY STUFFED GRAPE LEAVES

By Nina Lynn



### Ingredients:

- 1 lb. organic ground beef
- 1 cup uncooked basmati rice
- 1/2 cup organic tomato sauce
- 1/2 cup organic parsley, finely chopped
- 1 tsp. black pepper
- 1/2 tsp. sea salt
- 1 jar grape leaves (10 oz.)
- 2 tbs. organic lemon juice

### Directions:

Soak the grape leaves for 2-3 hrs. to remove any excess sodium. Combine the remaining ingredients, and mix with hands. Place 1 to 2 tablespoons in the middle of the leaf, fold the ends in and roll upwards around the contents like you were rolling a burrito.

Repeat for all the grape leaves and place them into a heavy skillet. Cover the rolled grape leaves with a heavy plate to keep them in place, fill the skillet with water and bring to a boil. Reduce heat to low and simmer for 30-45 min., until rice and meat are done.

Grape leaves are packed with nutrients including vitamins C, A, E, K, B6, niacin, iron, folate, calcium and magnesium. Organic ground beef is a great source of protein and vitamin B12 as well as the minerals selenium and zinc which help in cancer prevention. Organic basmati rice also provides high levels of selenium and fiber.