



## Paleo Stuffed Grape Leaves

**Active Time:** 25 minutes | **Total Time:** 1.5 hours | **Serves:** 8

### Nutrition Information Per Serving

345 calories, 5.55 g carbohydrate, 1.13 g fiber, 4.42 g NET carbs, 20.22 g protein, 26.9 g fat

#### Ingredients

- 1 tsp sea salt
- 24 leaves(s) grape leaves (One 8 oz. jar)
- 1/2 tsp(s) freshly ground black pepper
- 2 pound(s) pastured lamb
- 2 tsp(s) allspice
- 1/2 head(s) cauliflower
- 1/2 cup(s) lemon juice
- 4 clove(s) garlic, sliced

#### Preparation

1. Place cauliflower florets in a food processor and pulse to form rice-sized pieces.&nbsp;
2. In a medium bowl, mix the lamb, allspice, cauliflower rice, salt and pepper in a bowl until combined well.
3. Carefully open each grape leaf, placing the rib-side down onto work surface. Place 1 rounded tablespoon of the meat mixture into the center of the grape leaf. Fold the bottom of the leaf over the meat, fold in the sides, and roll tight into a cylinder.
4. Stack the grape leaf rolls in a single layer in large pot, covering each layer with slices of garlic. Add just enough water to cover the rolls, then pour in the lemon juice. Place a plate on top of the rolls to keep them submerged.
5. Bring to a boil, then reduce heat and simmer until the cauliflower rice is tender and the meat cooked&mdash;about 50-55 minutes.&nbsp;
6. Drain water and serve.

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