

BBQ Beef and Cabbage

Ingredients:

- ✓ 1 lb ground beef
- ✓ 1 onion, diced
- ✓ 1 tsp smoked paprika
- ✓ ¼ tsp garlic powder
- ✓ ¾ tsp sugar, divided
- ✓ 1 lb shredded cabbage
- ✓ 8 oz tomato sauce
- ✓ 2 tbsp apple cider vinegar
- ✓ 2 tbsp brown sugar
- ✓ 1 tbsp Worcestershire sauce
- ✓ 1 ½ tsp Dijon mustard
- ✓ 2 oz cheddar, shredded



Total Time: 35 minutes Servings: 3

Directions:

1. Add 1 tsp of olive oil and ground beef into a large pan and cook over medium heat until meat starts to brown.
2. Add onion, paprika, garlic powder, and salt and continue cooking until onions are soft.
3. Add ¼ cup water and stir to dissolve any brown bits off the bottom of the pan. Add the shredded cabbage and stir to combine. Let simmer for 5 minutes, stirring occasionally, until cabbage wilts.
4. Add the tomato sauce, vinegar, brown sugar, Worcestershire sauce, and Dijon. Stir and let simmer a few minutes until liquid has reduced slightly.
5. Add more salt to taste (optional).
6. Top with shredded cheddar and cover with lid until cheese melts.

