

Main Dish

Unstuffed Cabbage Rolls



Period of Time: All time **Prepare Time:** 15 min **Cook Time:** 30 min

Ingredients

- 1 1/2 to 2 pounds 96% lean ground beef or turkey (96% or Better Lean Ground Meat: Category 1 - Lean Protein)
- 1 can (8 ounces) tomato sauce, 5 grams of sugar or less (Approved Tomato Sauce: Condiments)
- 1 clove garlic, minced (Garlic: Freebies)
- 1 large onion, chopped (Onion: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone)
- 1 small cabbage, chopped (Cabbage: Category 2 - Fibrous Carbohydrates, Freebies, Gluten-free)
- 1 tablespoon Zero Drag 100% MCT Oil (Zero Drag 100% MCT Oil: Cooking Fat, Healthy Fats)
- 1 teaspoon ground black pepper (Black Pepper: Spices & Seasonings)
- 1 teaspoon sea salt (Salt: Spices & Seasonings)
- 1/2 cup water (Water: Freebies, Beverages)
- 2 cans (14.5 ounces each) diced tomatoes 5 grams of sugar or less (Tomatoes: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone, Gluten-free)

Directions

1. In a large skillet, heat Zero Drag 100% MCT Oil over medium heat.
2. Add ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender.
3. Add the garlic and continue cooking for 1 minute.
4. Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt.
5. Bring it to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Serving Notes

Serving size: 1 1/2 cups for women, 2 cups for men

Category 1+2+c. This make several servings. With a family of 5, we usually have enough for a couple of meals and then we still have some leftovers. *

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