

## TURKISH CABBAGE STEW

### Ingredients

- 2 teaspoons olive oil
- 3 tablespoons onion flakes or 1 tablespoon onion powder
- 1 pound very lean ground beef or lamb
- 2 tablespoons tomato paste
- 1 teaspoon red pepper (optional if you don't like spicy)
- 1 teaspoon sweet paprika
- ½ teaspoon cumin
- 1 teaspoon dried coriander
- Salt and pepper (to taste)
- 4 cups roughly chopped cabbage
- 2 packages of Diet Right Beef Bouillon mixed with 16 oz. of water

### Directions:

1. Add the ground beef to a pan and cook until nicely browned, breaking it down with a wooden spoon, about 5-7 minutes until cooked thoroughly.
2. Add the tomato paste, and all other ingredients and mix well.
3. Add the cabbage and broth.
4. Cover the pot and simmer, stirring occasionally, for about 20-25 minutes or until cabbage is tender.
5. Taste and adjust for salt and pepper.

Makes 2 servings

### Each serving uses:

- 1 teaspoon olive oil
- 8oz lean ground beef or lamb
- 2 cups cabbage select vegetable
- 1 Diet Right product