

Un-stuffed Cabbage Bowls

Ingredients:

- 2 tsp olive oil
- 1 lb lean ground beef
- 1 ¼ tsp kosher salt
- 1 Tbsp onion flakes
- 1 clove garlic (minced)
- 1 Tbsp dried marjoram
- Black pepper (to taste)
- 8 ounce can tomato sauce (one cup)
- ½ tsp Hungarian or regular paprika
- 1 cup 98% fat free beef broth or Diet Right beef bouillon (adds protein)
- 1 cup riced cauliflower
- 3 cups cabbage

Directions:

1. Heat a large pot or Dutch oven over medium-high heat, add the beef and salt.
2. Cook the meat until browned, about 5 minutes, drain.
3. Add the onion flakes, garlic, marjoram and black pepper and stir.
4. Add the tomato sauce, ¼ cup water, paprika, and broth, riced cauliflower, cabbage.
5. Cover and cook medium-low 25 minutes or until riced cauliflower and cabbage is tender.

Servings: 2

Uses: 8 ounces lean protein

2 cups select vegetables

¼ cup occasional vegetables

1 extra (broth)