

Unstuffed Cabbage Rolls

INGREDIENTS:

- 1 ½ - 2 lb. lean ground beef
- 1 T olive oil
- 1 large onion, chopped
- 2 clove of garlic, minced
- 1 small head of cabbage, chopped
- 2 cans (14.5 oz each) diced tomatoes
- 1 can (8 oz) tomato sauce
- ½ cup water
- 1 tsp. sea salt
- 1 tsp. freshly ground black pepper

PROCESS:

- In a large skillet, heat olive oil over medium heat.
- Add ground beef and onion. Cook until ground beef is no longer pink and onions are tender.
- Add garlic and continue cooking for 1 minute
- Add cabbage, tomatoes, tomato sauce, water, salt, and pepper
- Bring to a boil. Cover and simmer for 20-30 minutes or until cabbage is tender.

Enjoy!