

Unstuffed Cabbage Rolls by Karen Hewitt

Adapted from Allrecipes.com

6-8 servings

Ingredients

1 lb. ground beef round, turkey, or bison
1 tablespoon olive oil
1 large onion, chopped
1 clove garlic, minced
1 small cabbage, chopped
1 can (28 ounce) diced tomatoes (I like the diced tomatoes with Basil, Garlic, and Oregano)
1 can (8 oz.) tomato sauce
½ cup water
1 teaspoon ground black pepper
1 teaspoon sea salt
2 teaspoons vinegar (optional)
1 tablespoon basil (optional)
2 teaspoons honey (optional)



Directions

- In a large skillet, heat olive oil over medium heat. Add the ground beef and onion. Cook, stirring, until ground beef is no longer pink and onion is tender.
- Add garlic and continue cooking for one minute.
- Add chopped cabbage, tomatoes, tomato sauce, water, pepper, and salt.
- Bring to a boil. Cover and simmer for 20-30 minutes, or until cabbage is tender. Season with one or more of the optional additional ingredients.
- Serve over rice.