

UNSTUFFED CABBAGE ROLLS

INGREDIENTS

1 1/2 pounds ground beef

1/2 onion, diced

**1 large head of cabbage,
chopped**

24 ounces marinara sauce

2 garlic cloves, minced

1/2 cup water

1 tsp sea salt

PROCEDURE

Add the beef to a 5-quart Dutch oven over medium heat. Brown the meat, crumbling as it cooks.

When meat is partially cooked, add the onion and garlic to the pan and continue cooking, stirring often.

Add the cabbage, marinara, water, and salt to the pan and stir to cover the cabbage in the marinara and beef.

Continue cooking, stirring occasionally, for 20 minutes or until the cabbage is as tender as you would like.

Serve immediately.

NATURAL HEALTH

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