

Unstuffed Cabbage Rolls

Recipe by
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Ingredients:

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 small cabbage or ½ large cabbage roughly chopped
- 2 cans diced tomatoes
- 1 can tomato sauce
- 1 cup precooked riced (prepare according to box directions)
- ½ cup broth (chicken, beef, veg)
- 1 tsp black pepper
- 1-2 tsp salt

Remember to save and freeze all vegetable scraps to make your own vegetable stock for next time!

Directions:

1. Heat oil in a large pan over medium heat
2. Add ground beef and onions and cook until beef is no longer pink and onions are tender (about 8 mins)
3. Add garlic and continue cooking for 1 minute
4. Add cabbage, diced tomatoes, tomato sauce, broth, salt and pepper to the pan
5. Cover and simmer for 15-20 minutes or until cabbage is tender
6. Stir in precooked rice
7. Cover and cook for an additional 10 minutes
8. Serve and enjoy!

Produce Storage Tip...

The less bacteria that is on fruits and vegetables, the longer they will last. Before putting away your produce soak them in 3-parts cold water to 1-part vinegar for about 15 minutes. Root vegetables should be scrubbed after soaking. Rinse all produce after soaking and allow to dry before storing.

