

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Ground Beef and Cabbage Skillet

Serves: 4

Ingredients:

1 pound lean ground beef
1 onion, chopped
1 clove garlic, minced
1 head cabbage, chopped
1 (14.5-ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
Salt and pepper, to taste

Directions:

1. In a large pan, brown ground beef until no longer pink. Add onion and continue cooking until translucent. Add garlic and continue cooking for 1 minute.
2. Add cabbage, tomatoes, tomato sauce, salt, and pepper to the pan and stir to combine. Cover and simmer until the cabbage is soft, about 20-30 minutes.