



# Ground Beef and Cabbage

## Ingredients

- 1 pound lean ground beef
- 1 medium onion, diced (or 3/4 cup frozen)
- 3 tablespoon tomato paste
- 1/2 cup low sodium beef or vegetable broth
- 1/2 of a medium cabbage, chopped
- 1.5 teaspoons paprika, regular or smoked
- salt and pepper, to taste

## Instructions

- Heat a large skillet over medium heat. Add ground beef until cooked through. Drain the fat, if needed.
- In the same skillet, add the onion and cook until translucent.
- Add tomato paste, stock, cabbage and paprika. Stir well to combine all the ingredients. Let simmer under a closed lid (stirring occasionally) until cabbage becomes soft.
- Season with salt and pepper as desired.

MAKES 4 SERVINGS. NUTRITION PER SERVING (BASED ON 90% LEAN GROUND BEEF): CALORIES: 255 | CARBOHYDRATES: 10G | PROTEIN: 24G | FAT: 10G | FIBER: 3G

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