



Turkish Cabbage Stew

Ingredients:

- 2 teaspoons olive oil
- 3 tablespoons onion flakes or 1 tablespoon onion powder
- 1 pound very lean ground beef or lamb
- 2 tablespoons tomato paste
- 1 teaspoon red pepper (optional if you don't like spicy)
- 1 teaspoon sweet paprika
- ½ teaspoon cumin
- 1 teaspoon dried coriander
- Salt and pepper (to taste)
- 4 cups roughly chopped cabbage
- 2 cups beef bouillon

Directions:

1. Add the ground beef to a pan and cook until nicely browned, breaking it down with a wooden spoon, about 5-7 minutes until cooked thoroughly.
2. Add the tomato paste, and all other ingredients and mix well.
3. Add the cabbage and broth.
4. Cover the pot and simmer, stirring occasionally, for about 20-25 minutes or until cabbage is tender.
5. Taste and adjust for salt and pepper.

Servings: makes 2 servings.

Each serving = 8 oz. lean protein, 2 cups select vegetables, 1 tsp healthy fat.

716-320-1515
DietMentor.com
info@dietmentor.com