



Cabbage Roll Stew



1/5th of recipe (about 1 1/2 cups): 267 calories, 4g total fat (1.5g sat. fat), 634mg sodium, 35g carbs, 5.5g fiber, 22g sugars, 22.5g protein

Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

1 lb. extra-lean ground beef (4% fat or less)
1/2 tsp. each salt and black pepper
1 1/2 cups chopped onion
1 tbsp. chopped garlic
6 cups chopped cabbage (about 1 medium head)
One 14.5-oz. can diced tomatoes (not drained)
1 1/2 cups canned crushed tomatoes
1/2 cup jellied cranberry sauce
1/4 cup low-sugar grape jelly

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef and 1/4 tsp. each salt and pepper. Cook and crumble until slightly browned, about 4 minutes.

Add onion and garlic. Cook, stir, and crumble until beef is fully cooked and onion has softened and become translucent, about 5 minutes.

Carefully add remaining ingredients, including remaining 1/4 tsp. each salt and pepper.

Add 3/4 cup water. Stir well, and bring to a boil.

Reduce heat to low. Cover and simmer, until cabbage has completely softened, about 20 minutes, uncovering occasionally to stir.

MAKES 5 SERVINGS

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