

## *Wapakoneta Family YMCA Recipe Exchange*

*Recipe : Low-carb Unstuffed Cabbage*

*From: Linda Watt*

*Oven Temp.*

*Servings: 5*

*1 1/2 lbs. lean ground beef*

*1 medium onion, chopped*

*2 cloves garlic, crushed*

*1/2 head cabbage, coarsely chopped*

*1/2 teaspoon each: pepper, nutmeg, cinnamon*

*1 teaspoon salt*

*8 oz. tomato sauce*

*2 Tablespoons lemon juice*

*In a heavy deep skillet, brown beef, onion and garlic. Add chopped cabbage, a small amount at a time and mix well. Put heat on medium/low add sauce, herbs and lemon juice. Cover and simmer 10 minutes stirring often.*

*Nutrition Information (if available):*

*Carbs: 7 grams*

*Fiber: 2 grams*

*Protein: 25 grams*

