



## Unstuffed Cabbage Rolls

4 servings

45 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Grass Fed, Organic Ground Beef
- 1 Yellow Onion (small, finely diced)
- 3 cups Green Cabbage (finely sliced (I buy a bag from TJ's that is already cut up, 1 bag does the trick for my family but if you love cabbage, you can make as much as you want up to 8 cups))
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

### Directions

- 1 Combine the quinoa and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender (or use a rice cooker). 1 cup of water to 1/2 cup quinoa.
- 2 While the quinoa cooks, heat the coconut oil in a large stock pot over medium-high heat (you need a big pot for all the cabbage, it will cook down but at first it is a lot). Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked quinoa until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

### Notes

**No Beef:** Any type of ground meat will work.

**Vegetarian & Vegan:** Use lentils instead of ground meat.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.

**Sub for quinoa:** Cauliflower rice would be really good. White rice if you are not following a Paleo diet.

**Add more flavor:** A little Tamari or coconut aminos is so good with this dish. You can also add spice with any of your favorite spices or hot sauce.

**Cabbage choice:** Stay away from purple cabbage, it can discolor everything. Try to find green, it should not be too hard. Many stores now offer cabbage pre shredded, TJ's for