

Dinner - Paleo

Ground Beef and Cabbage Skillet



SERVES: 4 PREP: 15 min. COOK: 30 min.

Ingredients

1 lb. ground beef

1 onion, chopped

½ head cabbage, chopped

2 garlic cloves, minced

1 - 15 oz. can diced tomatoes

10 oz. (1 1/4 cups) tomato sauce

Cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Melt some cooking fat in a large skillet placed over a medium-high heat.
2. Cook the garlic and onion until fragrant and soft.
3. Brown the ground beef in the skillet until no longer pink.

4. Add the cabbage, tomatoes, tomato sauce, and season with salt and pepper to taste.
5. Cover and let simmer for about 25 minutes or until the cabbage is soft.