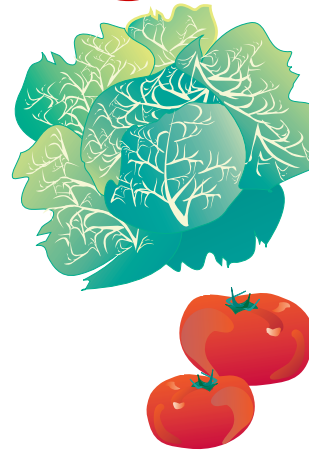


# Unstuffed Cabbage

## Ingredients:

- 1/2 pound extra-lean ground beef (round, loin) or ground turkey meat
- 1 cup water
- 14 1/2 ounce can stewed tomatoes, no salt added
- 1 small onion sliced into 1/2 inch wedges
- 1/8 teaspoon cayenne (red) pepper
- 1/2 cup orzo or other small pasta, uncooked
- 1 small or 1/2 medium head green cabbage chopped in bite size pieces (about 2 pounds)



## Preparation:

1. In a 5 quart pan, cook beef over medium-high heat, stirring occasionally, until meat loses its pink color (about 5-7 minutes). Drain off fat.
2. Stir in water, stewed tomatoes, onion, and pepper.
3. Sprinkle orzo and then cabbage on top of meat mixture. Cover and simmer on low heat for 20 minutes.
4. Stir cabbage and orzo into meat mixture and cook 5 minutes longer, until cabbage is crispy tender.

Makes three 2 cup servings

Amount Per Serving	
Calories	330-366 calories from Fat 90
% Daily Values*	
Total Fat	10g 16%
Saturated Fat	4g 20%
Cholesterol	40mg 13%
Sodium	100mg 4%
Total Carbohydrate	41g 14%
Dietary Fiber	7g 30%
Sugars	14g
Protein	18g
Vitamin A	10% • Vitamin C 170%
Calcium	15% • Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4