

Cabbage, Tomato & Ground Beef Bowl (S)

This is pure comfort food. It makes a very hearty bowl volumized up with lots of veggies plus all the protein you need. You'll get plenty of food in your bowl thanks to the handy goodness of cruciferous non-starchy veggies (aka – cabbage) along with the cancer-fighting lycopene of stewed tomatoes. The optional onion and garlic are an extra step so feel free to skip that step if you're pressed for time and don't care for their addition. This meal is great, with or without them. While the title of this recipe does say "beef," you can use ground turkey or ground chicken if preferred.

This is an S, but a light one... not so high in density you won't be able to burn it. You can offer this bowl to other family members and use it all up for one meal or use it for individual servings for yourself. If using it just for yourself, perhaps enjoy it twice through your week and freeze the other two servings for another week.

Makes 4 Servings

INGREDIENTS:

- 1 lb. lean ground beef, turkey, or chicken (does not have to be 96% lean)
- 1 Tbs extra virgin coconut oil (optional)
- ½ a diced onion (optional)
- 2 minced garlic cloves (optional)
- 1 cabbage sliced thinly (or 6-8 cups bagged coleslaw)
- 1 (15-ounce) can diced tomatoes
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)
- ½ tsp cumin (to taste)
- cayenne pepper (a few shakes)
- ½ tsp smoked paprika
- ½ tsp Creole seasoning



INSTRUCTIONS:

1. Place the ground meat in a large pan or skillet set to medium/high heat.
2. Brown meat, breaking it up with a fork or wooden spoon.
3. Move the meat to the side. If the pan is dry and does not have much fluid from the meat, add the Tbs coconut oil to the empty side of the pan. Add garlic and onion, if using, and toss them in the oil for a couple of minutes. If not using onion and garlic, add some of the cabbage and begin letting it wilt in the heat.
4. Now add the rest of the cabbage and combine with the beef using a wooden spoon. Add seasonings, stir well, and let the cabbage cook for a minute or two.
5. Now add the can of tomatoes. Cover the pan with a lid. Allow everything to cook for several more minutes, stirring frequently. Finally, taste to see if you have enough mineral salt and/or other seasonings then serve.