



Lazy Golumpki

Ingredients:

- 2 lbs of ground beef
- 2 teaspoons of minced garlic
- 1 tablespoon onion powder
- Chopped cabbage
- 2 packs of cauliflower rice
- 1 teaspoon pepper
- 1 1/2 teaspoon garlic salt
- 1 teaspoon paprika
- 1 28 oz can tomato sauce
- 1/2 a packet of Splenda
- 2 1/2 cups water

Directions:

1. Cook ground beef, add minced garlic and onion powder.
2. Add cabbage, water, cauliflower rice, pepper, garlic salt, paprika, Splenda, and tomato sauce to crockpot.
3. Add cooked beef to crockpot. Mix till well combined.
4. Cover and cook on high for 3-4 hours. Rice and cabbage should be tender.

Servings:

Recipe makes 8 servings, each serving contains 4 oz lean protein and 2 cups of vegetables.

716-320-1515
DietMentor.com
info@dietmentor.com