

Cabbage Rolls

Ingredients

- 100 grams lean ground beef, each serving
- 4 cabbage leaves
- 1 cup hCG diet approved beef broth
- 1 tablespoon onion, chopped
- 1 clove garlic, crushed and minced
- Dash of garlic powder
- Dash of onion powder
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
22 grams protein
8 grams fat
167 calories



Directions

1. Preheat oven to 375 degrees.
2. Lightly blanch large cabbage leaves and set aside.
3. In small frying pan combine ground beef, onion, garlic, and spices and cook until brown.
4. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style).
5. Put cabbage rolls in a baking dish and add broth to the bottom of the pan.
6. Brush lightly with beef broth and bake in oven for 20-30 minutes.
7. Spoon sauce over cabbage rolls periodically to keep moist.
8. Make multiple servings at one time for best results.



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