

# Cabbage Chili

cal: **217.8** fat: **4.7 g**  
Servings per recipe: 1

protein: **27.9 g** carbs: **20.4 g** fiber: **7.9 g**  
1 serving counts as 1 protein, 1 vegetable

## Ingredients



- 100 grams lean ground beef or chicken breast
- 100 grams cabbage
- 100 grams ripe tomato
- 2 cups water
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp ground thyme
- 1 tsp oregano
- 2 cloves garlic
- sea salt and pepper

## Directions

- Cook meat, and minced garlic,
- Add 2 cups water and spices.
- When water is very hot, add cabbage.
- Cook until cabbage is tender.
- Then add tomato, the longer you cook the tomato, the softer it will become.
- The more that the garlic is cooked, the more it loses its taste.

### Nutritional Info

Servings Per Recipe: 1

#### Amount Per Serving

- Calories: 217.8
- Total Fat: 4.7 g
- Cholesterol: 58.0 mg
- Sodium: 335.0 mg
- Total Carbs: 20.4 g
- Dietary Fiber: 7.9 g
- Protein: 27.9 g



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