

# Unstuffed Cabbage



## Ingredients:

- 1 pound ground beef
- 2 or 3 slice of onion, white or yellow
- 1 or 2 stalks of celery sliced
- some bell pepper ?
- 1 carrot sliced
- 1 or 2 teaspoons of minced garlic
- 1 or ½ cabbage shredded
- 2 cans of diced tomatoes
- 1 small can of tomato sauce
- 1 can of chicken broth ??
- salt, pepper, Italian seasoning and some Zatarains Cajun seasoning
- 1 cup of rice cooked by itself

Start the rice in the microwave. Sautee the onion, garlic, celery, carrot, and bell pepper in olive oil in the skillet. Then add the ground beef and salt and pepper. When it is barely brown, drain any excess oil. Then add the diced tomatoes and the tomato sauce along with the Italian seasoning and the Cajun seasoning.

When the sauce is starting to boil, add the shredded cabbage along with chicken broth and/or water for it to boil in.

Last, add the cooked rice and serve!!