



HOPE30 KITCHEN

Korean Beef Cabbage Rolls

Ingredients

- 2 pounds of steak trimmed for kabobs
- 1/4 cup of pear, chopped into small pieces
- 1/4 cup coconut aminos
- 2 TBSP monk fruit sweetener
- 2 cups beef broth
- 3 cloves of garlic, minced
- 1 TBSP of freshly grated ginger
- 1 head of cabbage leaves, boiled

Cooking Directions:

- Combine pear, coconut aminos, monk fruit sweetener, broth, garlic and ginger in a bowl.
- Toss in beef cubes and stir to coat the meat.
- Pour the entire bowl into your pressure cooker and cook on high for 20-30 minutes. Meat should be easy to shred with two forks.
- Once shredded, place 1-2 TBSPS of beef into each cabbage leaf and roll, folding the sides in as you go.
- Place rolls in a baking dish and pour remaining sauce over the rolls.
- Bake at 350 for an additional 20-25 minutes or until cabbage is very tender.

NOTES:

