

A top-down view of a white ceramic bowl filled with a meal. The meal consists of white rice at the bottom, topped with sautéed ground meat (likely beef or pork) and sautéed cabbage leaves. A silver fork is visible on the right side of the bowl, partially submerged in the food. The background is a light-colored, slightly textured surface.

DINNER FOR ONE

UNSTUFFED CABBAGE

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THIS IS THE EASIEST RECIPE EVER, AND CAN ALL BE COOKED IN ONE PAN, IF YOU WORK IT WELL

GROCERY LIST:

- HALF POUND PORK SAUSAGE (OR BREAKFAST SAUSAGE)
- 1 LB GROUND BEEF
- 1 HEAD OF CABBAGE
- 1 CAN OF DICED TOMATOES (NO SALT OPTIONAL)
- RICE
- 1 WHOLE WHITE ONION

SEASONINGS: ONION POWDER, SALT, PEPPER, OREGANO,
GARLIC POWDER

-OPTIONAL: 1 TBSP MINCED GARLIC

MIX BOTH MEATS AND COOK THEM UNTIL DONE
THEN, ADD IN 1 CHOPPED ONION AND ALL OF YOUR SEASONINGS.
I ALSO ADDED 1 SCOOP (OR ~TBSP OF MINCED GARLIC AS WELL.

YOU WILL WANT TO SEASON GENEROUSLY BECAUSE THE VEGGIES
WILL MAKE THE DISH MORE BLAND, SO ADD TO TASTE

THEN, ADD IN 1 CUP OF WATER AND ALL OF YOUR CHOPPED
CABBAGE AND ADD A LID SO THE CABBAGE CAN STEAM AND COOK
DOWN.

AROUND 5-10 MINS, BEGIN MIXING IN YOUR CABBAGE AND SEASON
AGAIN WITH SALT, PEPPER, GARLIC POWDER AND OREGANO TO
TASTE. ALLOW TO COOK FOR A TOTAL OF ABOUT 20 MINS OR UNTIL
THE CABBAGE IS FULLY SOFT, AND SERVE OVER RICE.

ENJOY!