
HAMBURGER CABBAGE HASH

SERVING SIZE: 8 PORTIONS OF 4 OUNCE DINNER PROTEIN AND 2 CUPS OF VEGETABLES,
INCLUDING 1/2 CUP OF TOMATOES

INGREDIENTS:

- 2 pounds very lean hamburger
- 2 cups chopped green onion
- 4 crushed garlic cloves
- 10 cups chopped cabbage-a mix of red and green
- One 15 ounce can tomato sauce
- One 15 ounce can diced tomatoes
- Salt and pepper to taste
- 2 teaspoons Cumin

DIRECTIONS:

1. Brown hamburger meat in a large skillet.
2. Add onion and garlic and cook about five minutes on medium heat. .
3. Add the cabbage and cook another 15 minutes with lid on skillet.
4. Add the seasonings and tomato sauce and diced tomatoes and simmer on low heat for about 10 minutes.
5. Divide into 8 portions and enjoy.