

Keto Stuffed Cabbage Rolls



Ingredients:

1 Large Head Green Cabbage
1 Pound Ground Beef
1 Pound Ground Pork
1 Cup Cauliflower Rice
1 Small Onion, Finely Chopped
2 Cloves Garlic, Minced
1 Teaspoon Dried Oregano
1 Teaspoon Paprika
Salt and Pepper, To Taste
1-15 oz Can Crushed Tomatoes
1 Tablespoon Olive Oil
1 Tablespoon Apple Cider Vinegar
1 Tablespoon Worcestershire Sauce
Fresh Parsley, for Garnish

Instructions:

Begin by carefully removing the core from the cabbage and boiling the whole head in a large pot of salted water for about 5-7 minutes, or until the leaves are pliable. Once cooked, remove the cabbage and let it cool. Carefully peel off 12 large leaves and set aside.

In a skillet, heat the olive oil over medium heat. Add the chopped onion and garlic, sautéing until translucent. In a large bowl, combine the ground beef, ground pork, cauliflower rice, sautéed onion, garlic, oregano, paprika, salt, and pepper. Mix until well combined.

Take a cabbage leaf and place a generous amount of the meat mixture at the base of the leaf. Fold the sides over the filling and roll it up tightly, tucking in the ends as you go. Repeat with the remaining leaves and filling.

In a separate bowl, mix the crushed tomatoes, apple cider vinegar, and Worcestershire sauce. Spread a thin layer of this sauce on the bottom of a baking dish. Place the stuffed cabbage rolls seam side down in the dish, then pour the remaining sauce over the top.

Cover the dish with aluminum foil and bake in a preheated oven at 350°F (175°C) for 45 minutes. Remove the foil and bake for an additional 15 minutes to allow the tops to brown slightly.

Garnish with fresh parsley before serving. Delicious!!