

Amish One-Pan Ground Beef and Cabbage Skillet

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-and-cabbage-recipes>

Ingredients:

- 1 pound ground beef grass-fed
- 1 onion chopped
- 1 head cabbage chopped
- 1 tablespoon butter
- 1 clove garlic minced
- 14 1/2 ounces diced tomatoes
- 8 ounces tomato sauce I've even used pasta sauce
- salt
- pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 570 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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