

Cabbage Roll Skillet

1/4 LB. GROUND CHUCK
ONION SLICED THIN
SMALL SLICED BELL PEPPER (OPTIONAL)
GRATED CARROT
LARGE TOMATO CHOPPED
1/2 HEAD CABBAGE SLICED THIN
**1 TBSP. FENNEL SEED (CRUSH OR CHOP TO
BRING OUT FLAVOR)**
5 OZ. CAN TOMATO SAUCE
1 TBSP. APPLE CIDER VINEGAR
LARGE GARLIC CLOVE (MINED OR PRESSED)
15 OZ. CAN BEANS (YOUR CHOICE DRAINED)
3/4 TSP. SALT
1/2 TSP. PEPPER
**1/2 TSP. GOYA SALAD VEGETABLE SPICE
(OPTIONAL AND SALTY)**

Brown Ground Chuck and add onion and pepper (if using) as beef browns. Grate and prep veggies while you are waiting on beef to brown. Add remaining ingredients and simmer on medium heat for 10 minutes. Serve and enjoy! This is good the next day when the flavors have marinated.