

Slow cooker, unstuffed cabbage

Serves 8

Ingredients

- Onions - Raw, 1 medium (2-1/2" dia)
- Pork - Fresh, ground, raw, 16 oz
- Cabbage - Raw, 1 head, large (about 7" dia), rough chopped
- Bulgur - Dry, 2 cup
- Diced tomatoes in juice, no salt added
- Garlic powder, 1 tbsp
- Nakano - Seasoned Rice Wine Vinegar, 1 tbsp
- Crushed Red Chili Pepper Flakes, 1/2 teaspoon
- Pepper, black, 1 tsp
- Parsley - Raw, 4 tbsp

Directions

1. Set slow cooker on low. In a separate pan on the stove top, sauté diced onions and pork together until pork is cooked. Add to warm crockpot.
2. Add chopped cabbage, bulgur, canned tomatoes, garlic powder, rice vinegar, crushed red pepper flakes & black pepper.
3. Cook on low for 8 hours. Serve with fresh parsley.

Nutritional Information

Cal. 355.5; Tot Fat 12.6 g; Sat. Fat 4.5 g; Chol. 53.3 mg; Sodium 84.1 mg; Potassium 907.9 mg; Tot Carb. 40.7 g; Fiber 11.4 g; Sugars 3.4 g; Prot 21.9 g