



Unstuffed Cabbage

Ingredients

- 2 cans of white beans or (Sometimes I add Trader Joes Meatless Meatballs chopped up)
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes

- 1 (8 ounce) can tomato sauce
- 1/2 cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Directions

1. Heat a Dutch oven or large skillet over medium-high heat. Cook onion in the hot Dutch oven until browned and crumbly, (I use the juice from the cans of tomatoes or a small amount of veggie broth) 5 to 7 minutes. Add the garlic and cook 1 more minute.
2. Add cabbage, tomatoes, tomato sauce, water, salt, and pepper and bring to a boil. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.