Hot Pot Cabbage and Meatballs
Makes 6 servings – 1/6th of recipe

Ingredients:

Meatballs
- 1 small onion (¼ cup minced)
- ½ pound lean ground beef or turkey
- ½ cup dry breadcrumbs
- 1 egg
- ¼ cup fat free milk
- ½ teaspoon salt
- dash of pepper

Directions:
Meatballs
1. Preheat oven to 400°.
2. Chop onion.
3. In large bowl, mix together onion, ground beef, breadcrumbs, egg, milk, salt and pepper.
4. Form 8-10 meatballs and place on baking sheet. Bake 20 minutes, until well done.

Hot Pot Cabbage
2. Heat oil in large pot on medium. Add garlic and onion. Sauté 3 to 5 minutes.
3. Add water, vinegar, sugar, tomatoes, mustard, salt, pepper and hot sauce. Increase heat and bring mixture to a boil.
4. Stir in cabbage and cook 5 minutes.
5. To serve, add cooked meatballs to cabbage mixture.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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