Hot Pot Cabbage and Meatballs

Ingredients:
Meatballs
1 small onion (1/4 cup minced)
1/2 pound lean ground beef or turkey
1/2 cup dry bread crumbs
1 egg
1/4 cup skim milk
1/2 teaspoon salt
dash of pepper

Hot Pot Cabbage
1 pound cabbage (4 cups chopped)
2 cloves garlic
1 onion (1/2 cup chopped)
2 teaspoons vegetable oil
1/2 cup water
1/2 cup vinegar
1/4 cup granulated sugar
1 3/4 cup diced tomatoes
1 teaspoon mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon hot sauce

Directions:
Meatballs
1. Preheat oven to 400°F.
2. Chop onion.
3. In large bowl, mix all ingredients together.
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 remaining ingredients, except cabbage. 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.

Keep it fresh:
Store raw cabbage in the refrigerator for a few weeks

Yields about 6 servings

Source:

Nutrition Facts
Serving Size 1/6 of recipe (10.2 ounces)
Servings Per Recipe 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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Vitamin A 8% Vitamin C 60%
Calcium 8% Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
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<tr>
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<th>Total Carbohydrate</th>
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<td>0g</td>
<td>300mg</td>
<td>300mg</td>
<td>2,400mg</td>
<td>25g</td>
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</tbody>
</table>

28.6% calories from fat

Nutrition Facts based on 10% fat ground beef

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

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